

Make your steps count



AN INITIATIVE OF SA TRANSPLANT SPORTS ASSOC.,
NATIONAL TRANSPLANT GAMES 2018 & FIT for LIFE

Join the South African transplant community as we challenge each other to become more active more often through walking or running on a daily basis.

Whether you are a transplant recipient, living donor, transplant health professional, family member, supporter or at a school or other educational institution that would like to enter a Team, you are welcome to join us in stepping out over a 90 day period to improve our health.

Apart from wanting to show the South African people that those living with a transplant are serious about their health and looking after the “gift” they were given, we also want to make more people aware of the need for Organ Donation and Transplantation in our beautiful country. Together we can achieve this and also become “Fit for Life”.



THE CHALLENGE:

- A 90-day Challenge
- Start date: Monday 9th April 2018
- End date: Saturday 7th July 2018
- Teams MUST have 4 members – No more & no less.
- Open to anyone interested in supporting Organ Donation & Transplantation

HOW DOES IT WORK:

- ❖ Sign in via www.stridekick.com/tc/santg - See the “Help Center” for assistance.
- ❖ Download the Stridekick App onto your smartphone and/or computer
- ❖ Create or join a Team – Only 4 members
- ❖ Sync your existing fitness device or upload your steps manually
- ❖ Follow your progress and be part of the fun.



FOR MORE INFORMATION/INSTRUCTIONS SEE:

THE SATSA WEBSITE - www.transplantsports.org.za - AS WELL AS

THE NATIONAL TRANSPLANT GAMES 2018 WEBSITE - <https://admin83050.wixsite.com/satransplantgames>

SOME HELPFUL ADVICE (Also see the “Help Center” on the Stridekick website)

What fitness trackers and smartwatches can play?



Written by Stridekick Team
Updated over a week ago

Stridekick doesn't want to leave anyone on the sidelines!

Stridekick offers cross device compatibility making it the perfect place for everyone to play. We support most major fitness trackers, including:

- **Android Phones** - Android 4.2 or above through the Google Fit app.
- **Apple Watch**
- **Fitbit** - Zip, One, Flex, Charge, Charge HR, Surge, Alta, Blaze, MobileTracker app
- **Garmin** - vívofit, vívofit 2, vívosmart, vivosmart HR, vívoactive, vivokí, **
- **Google Fit (Android, Pebble, Xiaomi)**
- **iPhone 5s and above - Apple Health App (Polar, Pebble, Xiaomi, and more)**
- **Jawbone** - UP, UP24, UP Move, UP2, UP3, UP4
- **Misfit** - Flash Cyclist, Flash, Link, Ray, Shine, Shine2, Speedo Shine, Swarovski Activity Crystal
- **Withings** - Pulse, Pulse O2, Activité Pop, Activité, Activité Steel

Note: We are always looking to expand our list of supported devices. If you don't see your device in the list above, let us hear about it!

**Stridekick can usually connect with the Garmin Forerunner and Fenix devices, however we can only pull from devices that report steps. If your device doesn't report steps, it will not sync with Stridekick.

How do I connect my Android phone as my tracker?



Written by Stridekick Team
Updated over a week ago

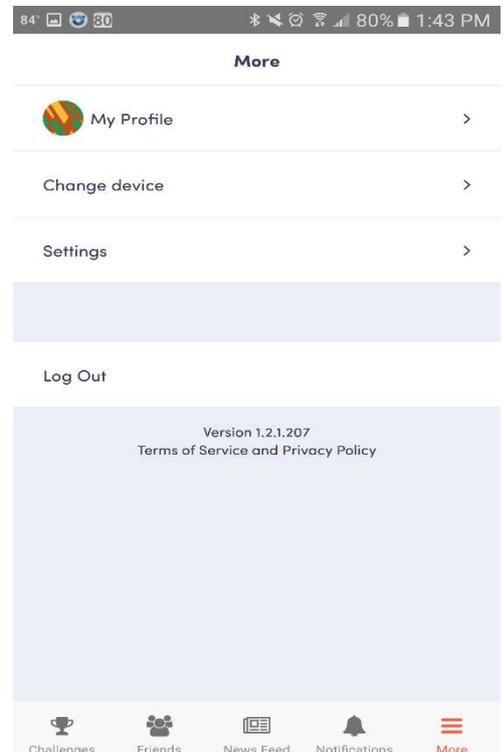
Stridekick can connect with Android Jelly Bean(4.1) or later as your tracking device. You will be connecting your phone via Google Fit.

1. Make sure you have the app installed on your phone.

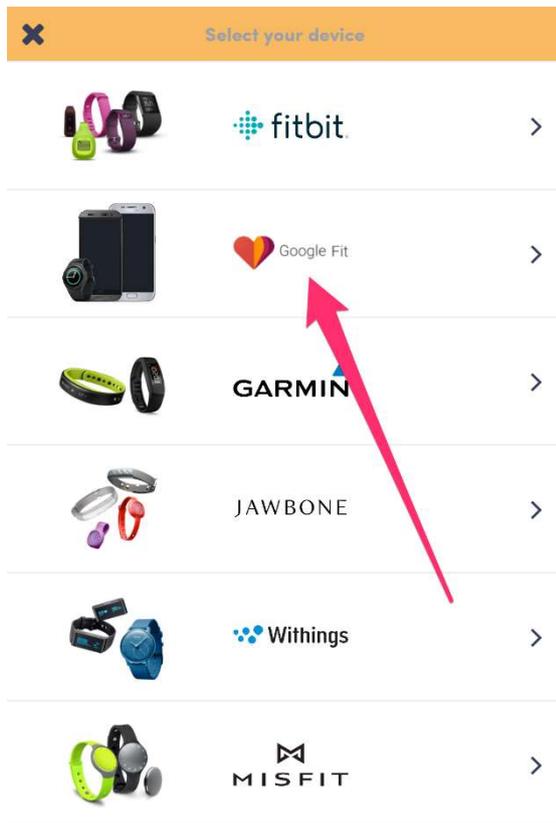
- You can download the app [here](#).

2. Login or Sign up for Stridekick via our app ([Google Play](#)) or on the [web](#).

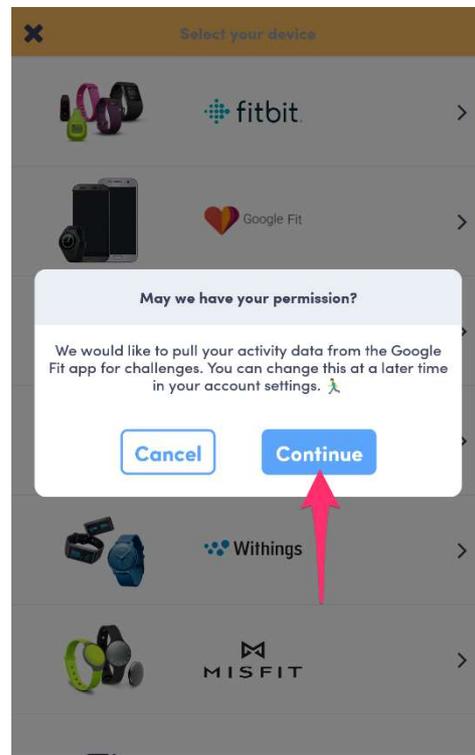
3. Navigate to <https://stridekick.com/users/device> or **More-> Change Device** on the app



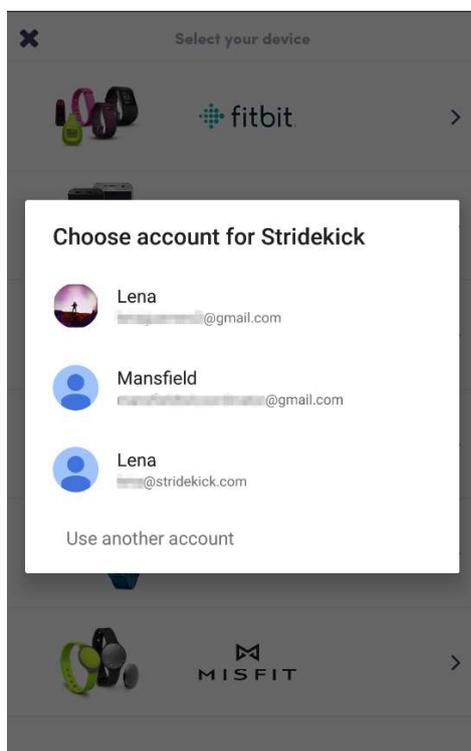
4. Select Google Fit from the list of devices.



5. You will be asked to give Stridekick permission. This allows us to see your steps, distance, and active minutes. Click continue so that we can sync your steps.



6. If you have more than one Google account on your phone, be sure to select the same account you're using in Google Fit.



You should now be connected. Join some challenges and get stepping!