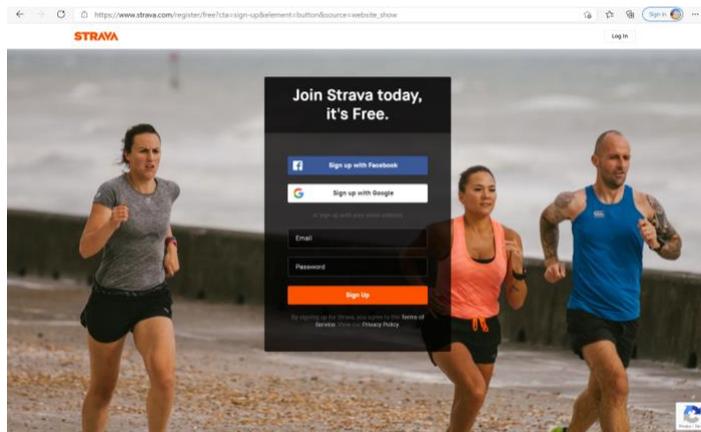


Creating a STRAVA Account

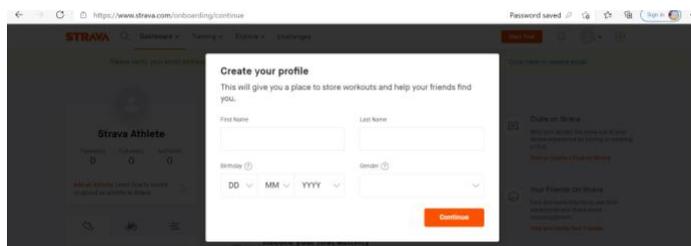
Go to <https://www.strava.com/register/free>

Add your work email address (recommended) and choose a password

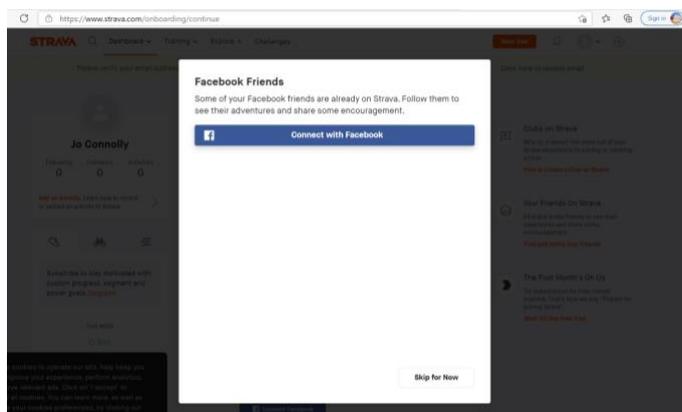
Click 'Sign Up'



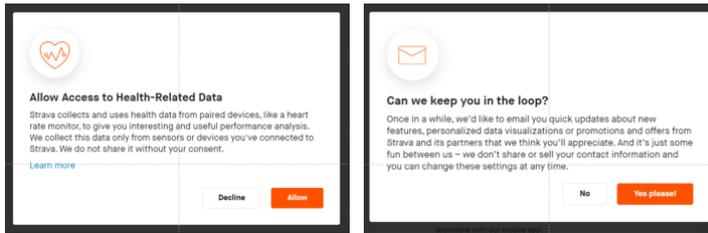
The site then asks you to fill in some basic details:



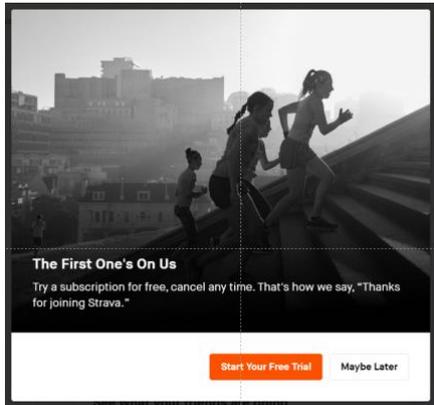
You will be asked if you want to connect with Facebook. We recommend you skip this for now (you can always add friends later!)



You will also be asked a few things about connecting to health apps and receiving emails for STRAVA. Again you can set this all up later

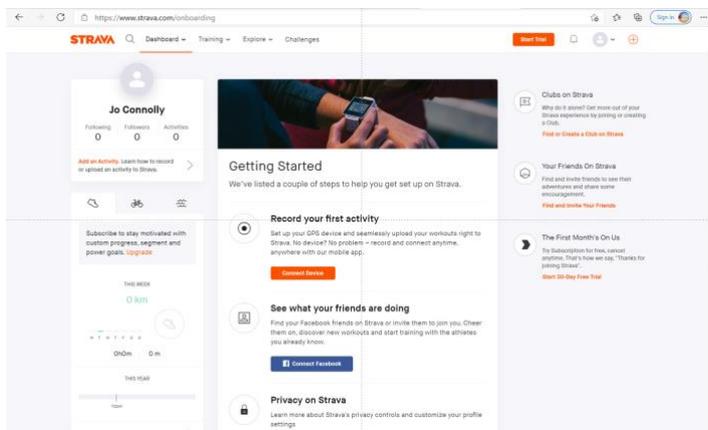


We are using the free version of STRAVA, so if offered a free subscription, click 'Maybe later'



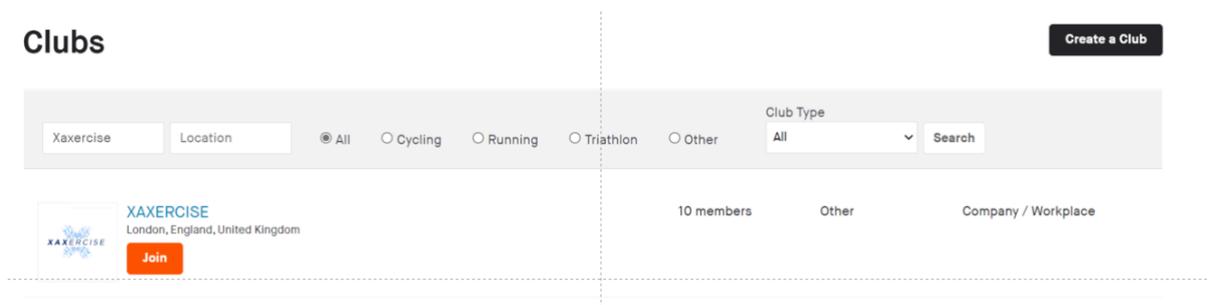
Now you will be take to your dashboard – simple!

When you are here, you just need to join up to the Xaxercise club, look for the 'Clubs on Strava' link on the right of your dashboard

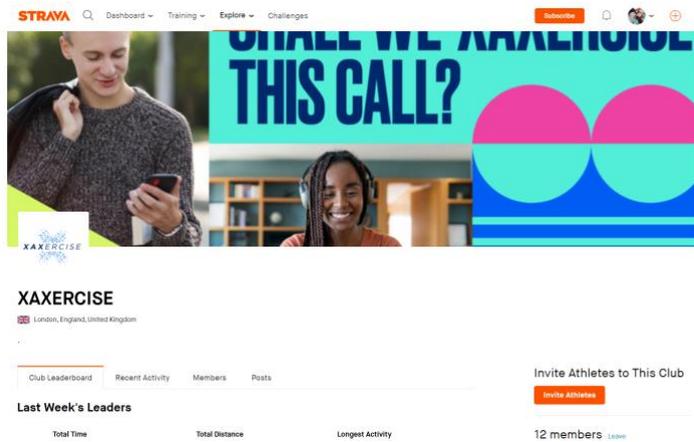


Type in 'Xaxercise' in the search bar, make sure you have clicker 'all' for type of sport, then 'search'

When XAXERCISE appears, click 'Join'

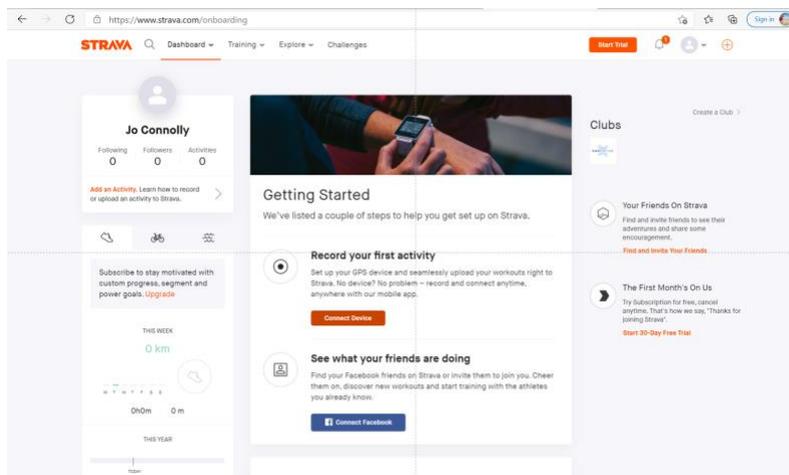


You're in the club! Once you are set up, a club admin will request to follow you – this is just so your activity gets linked to the XAXERCISE club

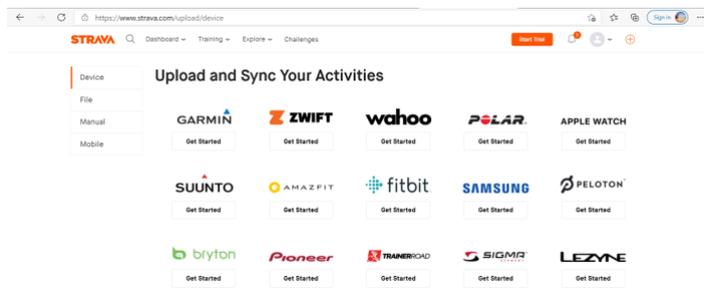


Connecting a Device

When you log in to your dashboard, it will recommend you connect a device, under Getting Started



Follow the recommended steps, according to your device



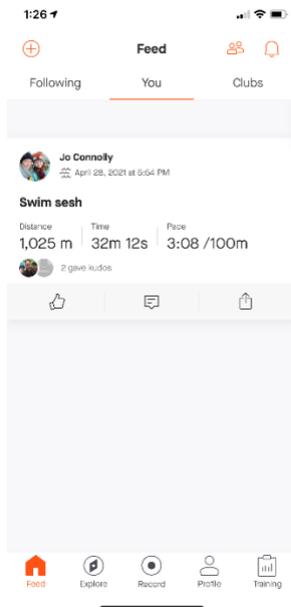
Recording your exercise on STRAVA

To do this you will need to download the STRAVA app.

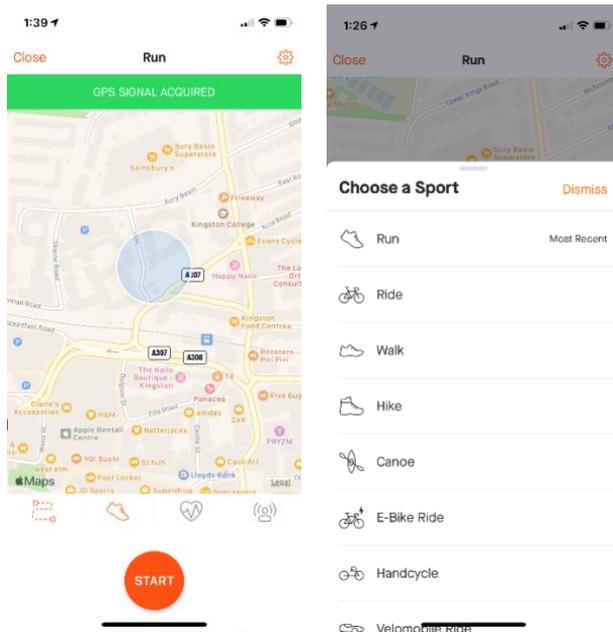
On the home screen you can either use the app to automatically log your activity (this works well for running, walking, cycling) or you can manually log your activity (this works well for swimming)

Automatic log:

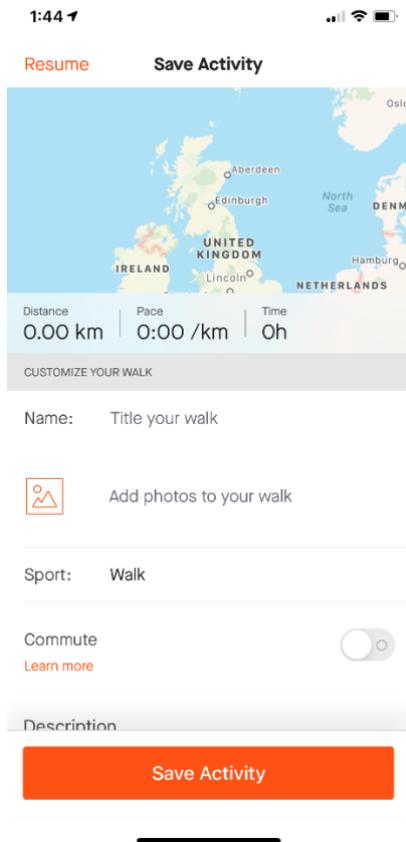
On the bottom Nav, click 'record'



Press the second icon on the bottom bar to toggle which sport your are tracking (icon changes according to chosen sport) and then choose your sport, and press start



When you have completed, press stop and make sure you save your activity. This will then log on your dashboard



Manual Log:

To manually input an activity, simple go to the + sign at the top left of your dashboard, and click on the manual activity button

Select your sport, and write in distance and time - then save activity.

