
Once you have created a profile, select My Groups from the menu bar.

Dashboard  My Walks  My Groups  Settings

Select “Search Groups” and search for “employee wellness”.

Join the WSU Employee Wellness group.
On our group’s page, select to join our “Walk the World” walk!

To start getting steps, go into your settings and select which app you will be using to track your steps. Your options are FitBit, Jawbone, or simply use a pedometer and manually enter your steps.
NOTE! If you choose to use a FitBit or Jawbone, you must choose a second walk to “spend” your steps. You will notice that once your device syncs with the World Walking website or app, the steps you have accrued for the past few days will be uploaded to your account. You will need to “spend” these steps before joining the Employee Wellness walk. This will give our group an unfair advantage if you add steps that were accrued before the challenge started. You can then delete this walk if you would like.

Once you are all set to begin walking, you can view the walk from your menu bar. Here you will find your “bank” of steps you have accrued, which you can “spend” towards the group walk. You can see our group’s progress around the world, descriptions of major sites and cities, and even Google street views!
At the end of the semester, take a screenshot of the walk so we can reward you for your participation!

Let’s see how far we can Walk the World!

Genoa

Welcome to World Walking and to your walk around the truly amazing country of Italy.

Italy is a country located on the Italian Peninsula in Southern Europe and on the 2 largest islands in the Mediterranean Sea, Sicily and Sardinia. With just over 60 million inhabitants, it is the 5th most populous country in Europe, and the 23rd most populous in the world.