



WHAT IS WALKINGSPREE?

Walkingspree is an app that automatically syncs your steps, tracks your goals and provides motivation and encouragement. Connect your wearable device and/or smartphone and easily participate throughout the year!

Join your colleagues in the fun and let Walkingspree help you get rewarded for healthy behaviors and win lots of prizes!

Once you have registered for Walkingspree and connected your device or smart phone, you are automatically entered into any current and future challenges.

Participating in an activity that isn't logged by your wearable device or smart phone? You can track this activity in the app and it will be converted to steps. To track physical activity, click on the Log Activity tile in the app.

You can view your activities using the desktop URL once you register. <https://members.walkingspree.com/dashboard>

REGISTER TODAY!

1. DOWNLOAD

Download the Walkingspree App from the Google Play or App Store



Be sure to open the Walkingspree app at least once per week to sync your steps!

2. REGISTER

Enter the company name - AlerisLife
Register with your employee ID number.

3. CONNECT

Connect your device and start stepping!

Choose your own screen name to be shown on the app!



Open your Walkingspree app every couple of days to seamlessly sync your steps. Don't miss out on rewards, make every step count!

Walkingspree will never share your data with outside parties. Your employer will only receive your step count for any incentives offered for challenges. You may participate within the app anonymously by choosing your own screen name.