



LOSE IT! LOUISVILLE

March 22nd, 2010—September 6th, 2010

Instructions for New Kentuckiana Metro On the Move Users

STEP 1: JOIN THE KENTUCKIANA METRO ON THE MOVE!

- Visit www.loseitlouisville.com and click “Click here to Register” link.
- This will link you to the Kentuckiana Metro on the Move (KMOM) website, click “Join Today!”
- If you agree to the terms of the website, scroll down and click “Agree.”
- Complete the user profile. If you wish to remain anonymous, please do not add a nickname to your profile or consider the nickname you enter. If you’re organization is not listed in the KMOM list, select “Lose It! Louisville” for your workplace/organization. Click “Save.”

STEP 2: JOIN THE “LOSE IT LOUISVILLE” WEIGHT LOSS CHALLENGE!

- Click “Challenges.”
- Click “Lose it Louisville” challenge.
- Click “Join Challenge.”
- Please update your weight weekly by inputting your most current weight into the “Update Your Weight” area.
- You will notice the leaders of the weight loss challenge by scrolling to the bottom of the screen.

STEP 3: UPDATE YOUR WEIGHT WEEKLY!

- On the home page of the KMOM website, scroll down and in the “Update Your Weight” section, enter the date, current weight, and click “update.”
- Be sure to enter your weight weekly to keep your track of your progress on the BMI graph.

*Consult your physician before starting a new exercise or weight loss program.

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