STEPS

**STEP 1**

**SET UP YOUR USER PROFILE**
- **UPDATE YOUR ACCOUNT SETTINGS**
  Accessed via drop-down next to your name. Progress pictures, overview of calories burned and active challenges.
- **BODY METRICS/PROGRESS TRACKER**
  Track a variety of metrics from weight and BMI to blood-pressure and cholesterol.

**ACTIVITY CALENDAR**
- **EXERCISE AND WORKOUTS**
  Click on your workout for the day via the activity calendar. We have over 3,000 3D animations to demonstrate how to perform activities.
- **TRACK ACTIVITIES**
  Log the number of reps/weights/time for each activity completed. Calories burned automatically calculated and display in user profile.

**STEP 2**

**CHALLENGES**
- **PERSONAL CHALLENGES**
  Accessed from your profile
- **GROUP CHALLENGES**
  All members, a certain group or individual.
- **TYPES OF CHALLENGES**
  Body composition, performance & body metrics.

**GROUP EXERCISE SCHEDULE**
- **SCHEDULING**
  View class schedule and instructors

**STEP 3**

**NUTRITION**
- **NUTRITION APP**
  Download and install the app, or access via the desktop portal.
- **ADD ITEMS**
  Add manually or by using our built-in barcode scanner.
- **NUTRITION PLAN**
  Create a Nutrition Plan by following a series of lifestyle and health questions.
- **CALORIES**
  A running total of calories and macronutrients consumed is automatically calculated and displayed.
1. MY PROFILE
- View your Fitness Points, badges, awards, active challenges & achievements.
- History of your activities and updates.

3. ACTIVITY CALENDAR
- See workouts assigned by trainer or Y clubs.
- Track your completed activities & add new ones.

5. WORKOUTS
- Search & create workouts.
- View any assigned workouts by your trainer here, too.

2. Y SCHEDULES
- View our Group Exercise and Pool Schedules.
- Sort by trainer, class type and class name.

4. NUTRITION
- Track your nutritional intake.
- Organize meal plans.
- View your Food Diary.

6. COMMUNITY GROUPS
- Join a variety of YMCA Groups.
- Interact with other group members.
- Get Valley Shore Y updates.
7. PROGRESS
- Track your fitness progress and development.
- View and update body metrics such as weight, BMI, muscle mass and more.

9. MY DEVICES
- Manage connected devices.
- Sync your activity from Apple Health or Google Fit.

8. ONLINE REGISTRATION
- Search and register for Valley Shore Y programs, such as swim lessons, fencing and gymnastics!

10. MY CLUB
- View hours of operation.
- View Valley Shore Y address and contact information.
Connecting Fitbit

- You can connect your Fitbit with your Virtuagym profile by going to Account Settings >> Connections.

- Click Connect next to Fitbit, and it will take you to their website, where you can type in your email and password to finalize the connection.

- If you don’t have a Fitbit account, you can create one here.
Tracking Fitbit

- The Fitbit can send information over such as a distance, steps and calories burned.
- These activities will show up in your **Activity Calendar** and **Activity Stream** on your profile.
- Make sure the Fitbit app is downloaded on your phone, and that your bluetooth is connected to the wearable.
Apple Health

- You can connect some data sent to your Apple Health by going to your app and hitting **Devices & Connections**.
- Click on **Apple Health App** and allow the connections.
- You can enable the connection to Virtuagym within your Apple Health app as well.

This data might be fed from other wearables that we don’t directly connect to.