

FAQs

*(Look for the *updated* FAQ at walkgeorgia.org after February 1st, 2015)

GENERAL

How do I sign up for Walk Georgia?

It's as simple as having an email address or a social media account! To sign in using your email address, simply visit our homepage (www.walkgeorgia.org), and click the green "Create an Account" button. You'll be asked to enter your first and last names, email address, a preferred password and the county where you'll be participating in Walk Georgia. Soon, you'll be able to register automatically through your Facebook, Twitter or Google Plus accounts.

Does it cost anything?

There is absolutely no cost to becoming a part of Walk Georgia—but great question!

How do I create a group/team?

First, you must create an account. Log-in to your account and once you're logged in, the grey navigation bar at the top will offer two links: "My Activity" and "Groups". Click on the "Groups" text. This will take you to a page that lists any groups you are already a part of; at the top of that page, there's a green button to "Create a Group". Click on the green "Create a Group" button.

A box will appear offering three group types: "Default" "Schools" or "Organizations". After you choose the group that will best fit your needs, you'll fill out the Group's Name, Description and Visibility (visibility indicates whether or not you want the group to be public [anyone can search for and join] or private [you'll need to send the link to the specific group members]). Once you click "Next" it will take you to another box, asking if you want to receive any additional information from your group, such as their full name, email address, county, or other pertinent info like their room #, employee #, etc.

Once that form is complete, you'll be taken to the group's home page.. At the top, you'll see a grey button that hosts your "Group Tools", where you can invite members to your group! Group Members will need to create their own Walk Georgia accounts, of course to participate.

Why do you ask me for my "County of Participation?"

Walk Georgia is a University of Georgia Extension program. There are county Extension agents administering the program in 158 of Georgia's 159 counties, we want to be sure you're registered where we can best serve you. If you're joining in the county where you reside, choose that county in our dropdown menu upon registration. If you're participating in Walk Georgia through your place of employment and it's in a county other than the one you reside, choose the county where you work.

Why can't children under 13 years of age participate in Walk Georgia?

In deference to the Children's Online Privacy Protection Act (COPPA), we don't permit children under 13 years old to use the Walk Georgia website as individuals. Physical activity data for children under 13 can be logged by a parent or guardian, or can be logged as part of a group by a teacher, 4-H or Extension agent, or other adult group leader. Each group administrator has the ability to log activity as a group under the "Group Tools". For example, a teacher is able to have a class account where s/he logs class activity as a whole as opposed to logging each individual child's physical activity, i.e. if a class of 20 children walks for 30 minutes, that entry would look like: "Walking" for "600 minutes" (that's 30 minutes x 20 children).

Who can see my Profile information?

Great question! Walk Georgia values your privacy, so you can choose whether you want your profile information to be public or private—just change your settings under "My Account" > "Preferences"> "Profile Visibility". Should you choose to keep your profile private, only you and Walk Georgia website administrators

will be able to see your Profile. If you join a group that requires profile data or that your physical activity be reported, those group members may also see your profile.

How do I change my Profile Picture?

Simply click on the round profile picture icon, or on your current profile picture. This will bring up a box that allows you to upload a new image.

Why does the website look funny on my screen?

Chances are your browser isn't up to date. The Walk Georgia website works best on Google Chrome, Mozilla Firefox and Apple Safari browsers as well as Internet Explorer version 9 or higher. If the website appears off, you should check into updating your browser. It will make the Walk Georgia website function better for you, and probably for other websites as well! Here's a great tool: <http://www.updatemybrowser.org>

I love my Points, but what do they actually mean?:

"Points" are a simple way for you to view how active you have been. The points directly relate to your body. Some organizations even work with Walk Georgia and use your points to award prizes, insurance discounts, or even time off to employees and members. If you work with a group, suggest they use Walk Georgia to promote wellness accountability, or call your local extension office to see if they can tell you more!

How are points calculated?

We use a formula – $T \times (M + P)$ – where "T" is time, "M" stands for METs and "P" is perceived difficulty of the activity on a scale of one to five. "MET" stands for "metabolic equivalent of task" and, in a nutshell, represents the amount of oxygen demanded by your body for varying physical activities.

According to Harvard Medical School, "Metabolic equivalents are units used to estimate the oxygen consumption a particular physical activity requires – and, as a result, its intensity. One MET is the estimated energy cost of sitting quietly. As you engage in more vigorous activity, your oxygen demands go up, and so do the METs assigned to that activity. For example, activities such as walking slowly, yoga and housework use about 3 METs, fast walking and doubles tennis use 3 to 6, and jogging, shoveling snow, and singles tennis use more than 6." (From <http://www.health.harvard.edu>)

How are METs assigned to physical activities?

Actually, there's a handy guide—published by Arizona State University and the National Cancer Institute at the National Institutes of Health—that we pulled our METs information from called the "Compendium of Physical Activities." You can check it out here: <https://sites.google.com/site/compendiumofphysicalactivities/compendia>

What are the County Administrators?

The County Administrator(s) is the director of Walk Georgia in your county. They will be able to find an answer to any of your questions about Walk Georgia. To locate them, call your local UGA Extension office. To find contact information for your county's extension office, click here: <http://extension.uga.edu/about/county/index.cfm>

Where's the map of Georgia?!

You're right—this *is* called "Walk Georgia"! Though the site's foundation released February 1st, we will continue to add features that individuals, schools and groups will be able to use to make their fitness experience FUN! The Walk Georgia Map is part of that fun experience and will relaunch in fall of 2015.

Ok, what other features do you have planned?

Ooo! This is our favorite thing to talk about! Along with the map, we will be regularly adding to our lesson plan content, as well as our recipes and fitness section. We will never stop improving the site's functionality either. For weekly progress updates, don't forget to check the blog!

About Walk Georgia

What is Walk Georgia?

Walk Georgia is a Web-based program designed with the goal of increasing your physical activity within the setting of an online community. How you participate is up to you; take part in Walk Georgia as an individual, become part of a group through your work or school, or form your own group. Then you can track your progress and see how you stack up against other individuals in your county and the state. The online component of Walk Georgia provides you with the tools to record your physical activity, time spent exercising and the difficulty of your activities. This information is translated into points through a system based on a modern and scientifically sound formula.

Walk Georgia is a program by University of Georgia Extension and the University of Georgia College of Family and Consumer Sciences. It is administered in your county by local Extension office. For more information about Extension, visit extension.uga.edu or call 1-800-ASK-UGA1.

I need help with my Walk Georgia account. Who should I contact?

Contact your local UGA Extension office. You can find contact information by visiting extension.uga.edu or by calling 1-800-ASK-UGA1. You can also email the Walk Georgia help desk directly at walkga@uga.edu.

What happened to logging virtual miles, and why did we move to points?

The initial edition of Walk Georgia converted all physical activity to virtual miles. Those miles were then used on each participant's virtual map of Georgia to "walk" across the state, county by county. However, it's tough to account for mileage when you're doing a non-distance-based activity, like weight lifting or yoga. We choose to move to measuring by METs and a points-based system because it can be applied to ALL physical activity, whether or not it can be measured by distance.