



## NextStep LA to DC: Ride For Paralysis

From March 10 to May 15, 2019, Janne Kouri, Founder of NextStep, will ride his power wheelchair from LA to D.C. to raise awareness and funds to support the 6 million individuals and wounded service members living with paralysis in the U.S.

### Can't join the ride in person?

You can participate in the adventure, wherever you are. You can run, walk, ride, roll or get creative and start your own fitness challenge from any location. You can raise money for NextStep by inviting friends and family to sponsor you through the Givhero app.

Here's how:

1. **Download Givhero:** TAP <https://givhero.page.link/nextstep-la-dc-2019> from your **PHONE** and sign up using your email address.
2. **Join Challenge:** follow the steps to download the app and accept the *NextStep LA to DC: Ride For Paralysis Challenge*.
3. **Connect a tracker:** an app like Google Fit or Health for iOS, or a device like one from Fitbit or an Apple Watch.
  - a. *Make sure to give proper permission to read **Steps** and other activities you want to track from your **Apple Health app** or **Activities** in your **Fitness Tracker** device.*
  - b. Givhero syncs with your connected device every 15 minutes.



4. **Invite a Sponsor:** choose to recruit friends, family members, and coworkers to sponsor you, then that money will be donated to NextStep. To invite a sponsor:
  - a. In Givhero app, from dashboard, tap on the challenge.
  - b. Scroll down to the *Sponsors* section.
  - c. Tap the red icon.
  - d. Choose the *Email*, *Contacts*, or *Let me type in* option. If you've made this goal public, you'll also see options for posting to Facebook and Twitter.
  - e. Follow the instructions to invite a sponsor.
5. If you want to enter data manually, you can do so by going to *Profile >> Log Activity >>* Select the *Activity* and activity date. On any day, you can only enter data for last 2 days. If you enter same activity for the same day more than once, the latest log will be considered.
6. **Optional, upload a Profile Photo:** if you set your profile public, you get a landing page at [givhero.com](http://givhero.com) where your photo displays. A photo is a great way to make this page personal.
  - a. Go to *Profile*.
  - b. Scroll down.
  - c. Tap *Edit Profile*.
  - d. Tap the camera icon in the red area at the top of the screen.
7. **Help and More Information**
  - a. Visit [www.givhero.com](http://www.givhero.com).
  - b. Visit our FAQ page [www.givhero.com/faq](http://www.givhero.com/faq).
  - c. Email us from the app: Tap *Profile >> Feedback* at the bottom of your screen or email to [support@givhero.com](mailto:support@givhero.com).

*Disclaimer: Givhero does not read or store data from the connected app unless you give the permission. You can manage what Givhero can access when you add your tracking device or fitness app.*