

## SuperWalk: The Movement

How to Track Your Exercise on SuperWalk.ca

To qualify for our monthly draws, and to show your supporters that you're taking on the challenge to keep moving on the path to a world without Parkinson's, you'll need to complete each month's exercise activity or participate in any activity that motivates you for at least 150 minutes per week.

Tracking your progress in your Fundraising Centre is easy. Just follow these five steps.

1. Login to your Fundraising Centre (starting with the red 'Login' button on the top right of superwalk.ca).
2. Once there, choose 'Your Profile'

Parkinson Canada SuperWalk Toronto North English (Canada) ▾ Help Log Out

**PARKINSON CANADA**  
**SUPERWALK**

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Home Send Email **Your Profile**

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Show/Hide Walk Details and Resources

What to do next? Share

3. On that screen, choose 'Questions'

Parkinson Canada SuperWalk Toronto North English (Canada) ▾ Help Log Out

**PARKINSON CANADA**  
**SUPERWALK**

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Home Send Email **Your Profile**

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Your Profile **Questions** Event Options

4. Scroll to the bottom of the list of questions, and choose how you completed that month's activity challenge.

**Superwalk Waiver**

Please take a moment to read the following waiver.

I agree that I am participating in Parkinson SuperWalk (PSW) voluntarily and do so at my own risk. I hereby fully release Parkinson Canada, the corporate sponsors of PSW, and any other parties connected in any way with PSW, as well as their respective officers, directors, agents, employees, staff and volunteers, from all claims or lawsuits for any injuries, death, property damage or theft, losses, or any other liability of any kind, arising directly or indirectly out of my participation in PSW or any of the activities associated therewith. I consent to being provided with emergency treatment in the event of my illness or injury during my participation in PSW, and agree to not hold Parkinson Canada responsible for any costs associated with such treatment. I consent to the publication and/or other use of my name, voice, photograph or other likeness without further notice or compensation in any publicity or advertisement carried out by Parkinson Canada in any manner whatsoever, including print, broadcast, or the Internet. By signing below, I confirm that I have carefully read this Release and Consent and fully understand and agree to its contents.

Waiver Acknowledgement \*

**Have you completed the exercise challenge for May?**

YES - Through the Predictive Walk Activity  
 YES - Through my own activity, for 150 minutes  
 NO

Reset Save

5. Click Save. That's it!

Your personal page will now display a badge showing you've completed the relevant monthly challenge. Way to go!



Jon and Harry at Centro

**DONATE NOW**

This September I will join 14,000 Canadians who take part Parkinson SuperWalk. As a staff member of Parkinson Canada I truly feel that this year's theme 'Everyday Heroes, Extraordinary Hope' embodies the spirit of our walkers and I am proud to be among them. I walk in solidarity with the community we serve, and with all those I've had the pleasure of working in support of directly.

I came to Parkinson Canada in 2008, just looking for a job. I had no connection to Parkinson's, no understanding of it, and while I wanted to make a difference, I had a limited interest outside of collecting a pay cheque and feeling good about my work.

And then, I got the job. And I built that cause connection immediately. I built it through people like Elaine Conner, whose heart-wrenching story of losing her life's love to poor medication management in hospital inspired me to pour my energy into the Get it on time campaign. People like Lorne Collis, who was one of the first contacts I made after moving to Ontario, and whose journey through disease









**DONATE NOW**

**Join Jon's Team!**

**Visit Team: Parkinson Canada - Toronto North**

#### My Achievements:

-  **Early Bird**  
I registered early
-  **Storyteller**  
I have updated my page.
-  **Team Captain**  
Team Captain
-  **Team Member**  
I joined a team.
-  **Participant**  
10+ year participant

 **May Exercise**  
I completed the May Challenge

If you need any support, or if you'd like us to track on your behalf, just call 800-565-3000 or email [superwalk@parkinson.ca](mailto:superwalk@parkinson.ca).