

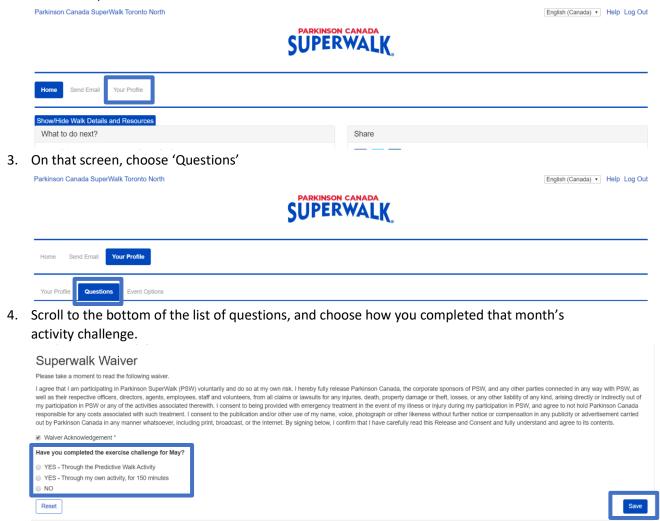
SuperWalk: The Movement

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).
- Once there, choose 'Your Profile'



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



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.