

Starting January 2, 2014 through April 27, 2014, track your steps or miles and upload them to the WalkToThe Moon app or website.

The distance to the Moon is 238,000 miles. If we do this together, we'll be a healthier community and we'll Walk to the Moon!

<http://citybyapp.com/walktothemoon/>

WALK — to the — MOON — with our — COMMUNITY



How to use CityByApp for “Walk to the Moon”

Available CityByApp Apps: Murrieta, Temecula, Lake Elsinore, Menifee, Wildomar and Fallbrook

Website:

Step 1: Visit <http://citybyapp.com/walktothemoon/>

Step 2: Log in using Facebook or “Create an Account” if you are a new user

Step 3: Enter and “Submit” your Steps or Miles for the day

Step 4: Every time you “Submit”, your progress, along with the community total, will be updated!

iPhone & iPad:

Step 1: Visit <http://citybyapp.com/cities> to download the app or download “CityByApp” through the App Store

Step 2: Open App: Click the “More” tab then click the “Walk to the Moon” tab

Step 3: Log in using Facebook or “Create an Account” if you are a new user

Step 4: Enter and “Submit” your Steps or Miles for the day

Step 5: Every time you “Submit”, your progress, along with the community total, will be updated!

Android:

Step 1: Visit <http://citybyapp.com/cities> to download the app

Step 2: Open App: Click the “More” tab then click the “Walk to the Moon” tab

Step 3: Log in using Facebook or “Create an Account” if you are a new user

Step 4: Enter and “Submit” your Steps or Miles for the day

Step 5: Every time you “Submit”, your progress, along with the community total, will be updated!

Try Runtastic Pedometer for iOS (App Store) or Android (Play Store), or your own favorite pedometer/app.

Walk to the Moon with our Community

January 2 through April 27, 2014

Frequently Asked Questions – FAQ's

1. Who is behind this campaign?
 - a. While the original idea came from a few, the focus is inclusive. Therefore, the task force is comprised of members from each of the cities, school districts, all four hospitals in the valley, local businesses, political entities, American Heart Association, Riverside Co. Health Dept., individual community members and more. This is why there is not one logo on the flyer.

2. If I have questions, who do I contact?
 - a. There is an e-mail for questions available for the community posted on the Walk to the Moon website; infowalktothemoon@llu.edu. This e-mail goes directly to Cynthia Clark with Loma Linda University Medical Center – Murrieta. She will respond to any question within 24-48 hours if not sooner.

3. What is the point of this campaign?
 - a. To bring the community together to further awareness of benefits of a healthy lifestyle that includes walking, exercise and healthy food choices.

4. Is this a fundraiser?
 - a. No, this is a community project meant to benefit every citizen in our valley.

5. Who benefits from this program?
 - a. Our community. Through working together across boundaries we are breaking down barriers to promote and create a more healthy community.

6. What is the April 27, 2014 event about?
 - a. This is an event held at the Lake Elsinore Storm Stadium. There will be several tables with health information, we will have a run across the finish line (stepping onto the moon), and a baseball game!

7. Do I have to put my steps/miles in everyday?
 - a. No, you can put your steps or miles in as frequently or infrequently as your schedule allows.

8. Can groups put their steps/miles in collectively?
 - a. Absolutely, a good example is the teacher who tracks the students in the classroom and then uploads at the end of the week for everyone.

9. What will be done with my e-mail address when I log in?
 - a. There is no collection of data, nor will a list of e-mails be kept. All data is secure and will be completely discarded at the end of the event.

10. Why do I have to put in my e-mail address?
 - a. This is just a way to designate the entry, you will not receive any communications nor will a list of e-mails be created.

11. Do I have to live in Southern Riverside County to participate?
 - a. No, if you know about this event, you are considered part of our community. The focus is on Southern Riverside County but we wish to be inclusive and welcome all participants.

12. What happens after the final event?
 - a. This community campaign is meant to launch the “Southern Riverside County Healthy Communities Collaboration.”