



GETTING STARTED

Registration for STONY BROOK UNIVERSITY Please register before June 1st, 2007.

Registration can be completed in two ways: 1. On Web site or 2. Call toll-free.
Please print out these instructions and follow them exactly as written.

You must supply your own pedometer if you wish to track your steps.

If you previously signed up for AOM, go to <http://www.americaonthemove.org>, click on "LOGIN" and enter your e-mail/login and your password and click "SUBMIT."

Complete your last evaluation form and you'll be allowed to sign up for another 6-week program.

IMPORTANT – Put June 1st as your start date.

To register for your very first time and track your daily progress, please follow these steps.

1. Go to <http://www.americaonthemove.org>
2. Click on **Individual**
3. Click '**Get Involved Today**'
4. Under **Individual Registration** – Click '**FULL ACCESS**' (Then click continue)
5. Enter your email address, create a password, enter your Birthday - then enter our **GROUP CODE: (RNY64841)**
6. Fill out individual registration.
7. **Address 1 – enter your building address (e.g. Rm. 140, Old Chemistry)**
8. **Address 2 – enter your department name**
9. Enter **City** (Stony Brook), Enter **State** (New York), Enter **Campus ZIP + 4** and **work phone.**
10. Enter your height and weight; this is for your own information, to measure your progress. **All information is completely confidential.**
11. Answer the rest of the questions and click next.
12. **Select the start date: 6/1/07 (IMPORTANT). Click go!**
13. Click on a trail you would like to set as a default. You can change it later.
14. **Come to one of the National Hospital Week events at Tech Park, May 14 or the Hospital Galleria, May 16 and pick up your FREE sports water bottle while supplies last.**

No internet access/no problem, register by phone and track your progress in a notebook.

1. Call **(800) 807-0077**. Provide group code: **(RNY64841)**. Answer questions with operator.
2. **Come to a KICK OFF WALK to pick up your FREE sports water bottle.** Use your own pedometer and start walking! Call the same number at end of the six weeks and provide your results.

KICK-OFF WALKS from 12:00 p.m. to 1:00 p.m.

June 4	Long Island State Veterans Home	Entrance to LISVH
June 5	Tech Park – 31 Research Way	Outside Cafeteria
June 6	Health Sciences Center/University Hospital	Entrance to HSC from HSC garage
June 7	West Campus	Fountain

NOTE: For employees who are disabled or who may not regularly walk there are many other activities listed on the AOM Web site that can be converted into steps.