

FREESTATE HAPPY WANDERERS



AVA Virtual Online Programs 401K: Invest in Your Health

By Deb Kruep

Finally, here it is, a fun way to track your Volkssport walking kilometers or your daily steps in an online program sponsored by the American Volkssport Association (AVA). The Virtual Online Program "401K: Invest in Your Health" allows you access to an online challenge, allowing you to post your Volkswalk kilometers or daily steps, view your progress, see others' progress and earn a special t-shirt upon completion

of 401K or the equivalent in steps. Whether you wish to only post your Volkswalk kilometers or you are gung ho on capturing every step you take by entering manually or syncing your Fitbit, Garmin, Apple Watch, etc., — either method can be used ... it is entirely up to you.

401K: Invest in Your Health is the first VOP Program and starts January 2018. Registration cost is only \$18

and entitles you access to the program online or via app, and syncing your tracking device if desired. Once registered, you simply log in to the program or open the app on the go and enter the number of kilometers you completed or your daily steps. Your kilometers will be converted to steps and your progress will be recorded on a graph, showing you how close you are getting to the goal and the special t-shirt!

*401K and 401K FAQ
continued on page 6*

Welcome to the 401K: Invest in Your Health Challenge.

Invest in your health by joining the first Virtual Online Program (VOP) by walking 401K in 2018, tracking your steps and or kilometers. Completion of the challenge will reward you in better health and a 401K t-shirt.

Click the 401K logo to begin your enrollment.

Subscriptions

For 1 \$18.00 USD ▼

Additional Subscribers

Additional Subscribers



1. You will be transported to Paypal to make your \$18.00 payment. This payment will include any new challenges added during 2018.
2. You may pay for more than one walker in a single transaction. Simply take \$18.00 times the amount of walkers for your balance due. When you receive the email from VOP@ava.org you will be asked for the names and email addresses of those additional persons. All walkers will be asked to create a unique AVA walking account with their own email address.
3. After your payment has been received you will receive a receipt via email.
4. Shortly before January 1, 2018 you will receive an email from VOP@ava.org with a link and instructions on how to create your AVA walking account. If you create your AVA walking account before January 1 you may begin tracking your kilometers or steps but they will not count towards the challenge. The Challenge does not begin until January 1.
6. The program ends December 31, 2018.

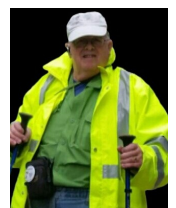
You may also register by sending a check for \$18.00 to: AVA, 1001 Pat Booker Road, Suite 101, Universal City, TX 78148, ATTN: 401K: Invest in Your Health. **Be sure to include your email address.** Once payment is received, you will receive the link to create your AVA walking account enrollment from VOP@ava.org.

IF YOUR PAYPAL EMAIL IS NO LONGER CORRECT, WE WILL NOT BE ABLE TO CONTACT YOU WITH SIGNUP INSTRUCTIONS. IF THAT IS THE CASE, PLEASE EMAIL VOP@AVA.ORG WITH YOUR CORRECT EMAIL ADDRESS.

Direct any questions to VOP@ava.org.

Look for "Portly" when you get registered.

You will recognize several of your familiar walking buddies already there. NOTE-you can link your FitBit or other step tracker to this app.



A: Yes, it is up to you! IF this Virtual Online program pilot is well received we will be able to continue past 2018. Team/ Club Challenges will be a great way to encourage participation and generate friendly competition. Team Challenges are done fairly by averaging the number on each Team .