



## Register for Health in Motion Instructions

To sign up as a new participant in the Health in Motion, complete the following:

Step 1: In your web browser address bar, type “[trinityhealth.motivation.cc](http://trinityhealth.motivation.cc)”

Step 2: In the upper right corner, click on “**Create One Now**”

Step 3: It will ask you to choose a login ID. **Your login ID will be your initials, and the last four digits of your SS#.** For instance, Joe Smith, who has a SS# of 123-12-1234, would enter **JS1234** for his login ID. **DO NOT LEAVE BLANK AND LET THE COMPUTER CHOOSE ONE FOR YOU!**

Step 4: Enter a password. It may be whatever you want, but if you choose a word, please use **ONLY** lower case letters. No capital letters please.

Step 5: Enter your name, gender, birthdate, and email. Don't worry about the "division" category. **For location, please choose YMCA, even if you exercise somewhere else.**

Step 6: After you click on submit, the next page will be an “informed consent” form. Please read it, and click on “submit” at the bottom.

Step 7: The next page will ask you to fill out a “**Detailed Medical Questionnaire**”. Please click on this link, and complete the 4 page questionnaire. If you choose not to fill out the questionnaire, simply click on "Assumption of Risk Form".

Step 8: After you have completed the questionnaire, click on submit. **YOU ARE NOW ENROLLED INTO the Health In Motion Program!**

**Now, to register for your first fitness evaluation, complete the following steps:**

**Step 1:** In the address bar of your web browser, type “[trinityhealth.motivation.cc](http://trinityhealth.motivation.cc)” (DO NOT include the commonly used “www!”)

**Step 2:** Log in with your User ID (your initials and the last 4 digits of your SS#) ie: Joe Smith has a SS# of 123-12-1234, so his User ID would be JS1234. Enter the password you just chose.

**Step 3:** At the top of the page, you should see the word “**calendar**”. Click on this.

**Step 4:** At the top of the page, on the right, you *should* see “**Location: YMCA**” if it says anything but that, then click on it and change it to “**YMCA**”.

**Step 5:** Near the top of the calendar that is shown, click on “**next**” until you see the date that you would like to sign up for.

**Step 6:** Once you find the date and time that you would like, click on it.

**Step 7:** Near the top of the class description, you will see the words **“Enroll in Class”** in light blue letters. Click on this.

**Step 8:** If the class is full, the next page will alert you of that. Please choose another time. If it is not full, then click on **“Yes! Enroll Now”**. In red letters, it will then read “You are now registered for this Event.:

You are now enrolled for that day and time. **Please write this down!** You will not be able to check it after you click on **“Yes! Enroll Now”** If you make a mistake, and need to make a change, please call **857-5626**. Please do not enroll a second time without calling. If you are enrolled for two times, you are taking up a spot for someone else.

**We strongly suggest that you have these instructions with you when you sit at your computer to sign-up. If you have any questions at all, please do not hesitate to call us at 857-5626, and we will assist you!**