

Frequently Asked Questions

1. What is Move More

Move More is Sheffield's Physical Activity Strategy, which aims to make it easier for everyone in Sheffield to be physically active as part of everyday life.

2. We have an event in July and we want to link this to the Move More Month, how do we go about this?

Go to <http://www.movemoresheffield.com/july> to find out more information on how to get involved or contact the Move More team using links at the bottom of the Website. There will be a physical brochure produced as well. This will mainly be distributed through schools and community pathways.

3. I want to know more about what events are happening in my area, where do I find this information?

Using the Move More Website and/or App, you can search for activities throughout Sheffield using the Move More Finder. It allows groups to add their own content to the Move More website, which can then be searched by potential users.

4. What is the Move More App?

The Move More App helps you track how active you are by monitoring your movements, like walking or cycling. It displays Sheffield's activity challenges; How many active minutes Sheffield will clock up in July, and the Steel City Derby – a local team football competition where you score the goals! The App is also a vital tool to helping Sheffield become the most active city in the UK.

5. How do I earn Move More points?

You can do this in two ways. Firstly by downloading the App and building up Move More Minutes - these are then converted into points on the website. Secondly, you can earn points by attending activities advertised through the Move More Website.

6. What do Move More points get me?

Currently, they are an overall score of how much movement users do, and how many activities they are part of or attend. In the future they will also be used to reward people with for example, high street vouchers.

7. What phones are compatible?

Today, iPhone 5s and newer, and the equivalent android phones. There is work currently being done to backdate the compatibility of the app to iPhone 4's (again, similar on android), however this won't be ready until mid-end of June 2016. Windows phones will not be compatible.

11. What are the benefits for my groups/organisation to get involved in this?

To join together in helping Sheffield become the most active city in the UK. Increasing activity levels has many benefits including physical and mental health, productivity at work and ones overall wellbeing. Everyone benefits from being involved in Move More by moving more!

12. What are the benefits of me as an individual getting involved?

To join together in helping Sheffield become the most active city in the UK. Increasing activity levels has many benefits including physical and mental health, and overall wellbeing. In the near future we want to challenge other city's like Leeds or Manchester to Moving More – get involved this year and help set a high activity level bench mark. Everyone benefits from being involved in Move More by Moving More!

13. I want to share examples of how I/we are getting more points to motivate others, is there somewhere where I can do this?

Social media, instagram, twitter, Move More website through becoming a Move More Maker, and Facebook.

14. Is the App available in different languages?

Currently not.