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# PARTICIPANT GUIDE


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NEW


A series of overlapping blue and white geometric shapes, including rectangles and chevrons, arranged in a dynamic, layered fashion at the bottom of the page.


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Together, let's walk, run and cycle for vision health!



Fondation des  
maladies de l'œil  
Voir • Savoir • Prévoir

# WELCOME MESSAGE

Dear Participants,

We are delighted to welcome you to the FMO Challenge, an interactive experience that will take place from September 1st to September 30th, 2024. This initiative is dedicated not only to physical activity but also to solidarity for a cause that is close to all of our hearts: vision health. Your commitment and energy during this month will help make our mission stronger and more visible.

During these 30 days, we invite you to push your limits, interact with other participants, and share your successes and challenges. Together, we take a step closer to a future where eye diseases are better understood, better treated, and the quality of life for patients is improved.

Everyone knows the benefits of physical activity. But very few know the importance of natural light for the optimal functioning of our bodies. Spending time outdoors and being exposed to natural light, which contains a significant amount of blue light, is associated with a reduced risk of developing myopia. Adequate exposure to natural light during childhood can contribute to normal eye development, thereby reducing the risk of myopia.

Thank you for fully committing to this challenge, for giving your best every day, and for making a difference. May this month be marked by determination, solidarity, and collective success.

# FITNESS APPLICATIONS

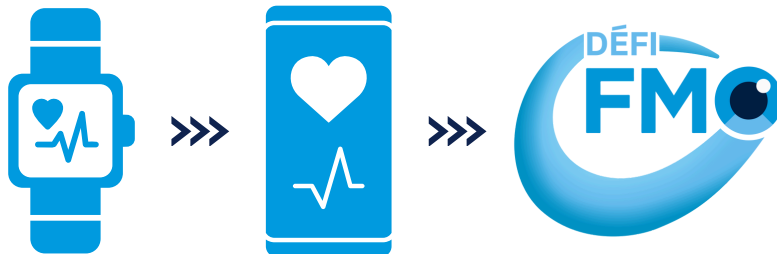
**Connect your fitness application to the platform to track your progress.**

By using Strava, Fitbit, MapMyFitness or Garmin to record your workouts, your distances will be automatically added to your tally.

**Please note:** *If you are using your fitness app without a smartwatch, we suggest using the Strava or MapMyRun app.*

**Follow the following 4 steps to automatically track your KMs:**

- 1** Download the Strava, Fitbit, MapMyFitness or Garmin app and set up your account on the chosen application.
- 2** Log in to your challenge account on the platform.
- 3** Under the *Connect your favorite Fitness app* tab, click on the chosen app.
- 4** Follow the pop-up prompts to connect your account (see next page for details).



**We recommend that you connect your fitness application to the platform in advance to avoid any technical issues.**

**Need help? Do not hesitate to contact us if you have any questions:  
[evenement@fondationoeil.com](mailto:evenement@fondationoeil.com)**

# FITNESS APPS

At the beginning of your next workout, select *Start your workout* in the app on your phone (or your smartwatch connected to the fitness app). Once you finish your workout, save your workout and your distance will be posted in the countdown on your profile page the next day.

Here are the details to track your performance based on your chosen application:



You need to start your workout, stop your workout, then SAVE your workout.



You need to start an activity and save it. If no activity is recorded, your cumulative activity will be synced at the end of the day. If you're having trouble, try syncing both your Fitbit watch and the Fitbit app on your smartphone.



You need to start your workout, stop your workout, then SAVE your workout.



You need to start your workout, stop your workout, then SAVE your workout.

**Your performance will be updated every day  
with the distances of the day before.**

**Need help? Do not hesitate to contact us if you have any questions:  
[evenement@fondationoeil.com](mailto:evenement@fondationoeil.com)**

# STRAVA CLUB

We invite you to join our Strava Club, which was created to come together and motivate each other to achieve our personal goals.

**Please note:** It is entirely **optional** to join our Strava Club to participate in the Challenge. This initiative was set up for those who wish to use Strava both as a fitness application for challenges and as a social network.

## Our Strava Club allows you to:



Share your workouts with other participants.



Share photos of your solo and group workouts.



Share your personal stories and experiences.



Like and comment on other participant workouts.



Encourage and motivate each other to achieve personal goals!

[CLICK HERE TO JOIN OUR STRAVA CLUB](#)

**Need help? Do not hesitate to contact us if you have any questions:**  
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# PERSONNALIZE YOUR PROFILE PAGE

By logging into your account, you will have access to your dashboard allowing you to personalize your profile page and track the progress of your activities.



**Change your profile photo and banner and update your personal page.**

The screenshot shows a user profile page for Gabrielle Ouellet. The page includes a header with the FMO logo and navigation links. The main content area displays the user's name, a fundraising goal of \$10, and a banner image. Three red callout boxes with arrows point to specific edit options: 'Click here to add your profile photo' points to a camera icon in the profile picture area; 'Click here to change your banner' points to a camera icon in the banner area; and 'Click here to update your profile page' points to the 'Edit My Page' button in the bottom navigation bar.

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# FITNESS GOAL

Would you like a suggested fitness goal for your challenge? You can change your goal by going to your *Dashboard*, then clicking *My Activities*.

## The benefits of outdoor activities

It is estimated that an increase of **one hour per day** in time spent outdoors could reduce the incidence of myopia in children by 45%.

Source : <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5599950/>



## Suggested distances:



### WALK/RUN

The average walking pace is 4 to 6 kilometers per hour. If you walk/run 5 kilometers per day throughout September for the challenge, you would accomplish **150 kilometers**.



### CYCLE

The average cycling speed is 15 to 20 kilometers per hour. If you cycle 15 kilometers per day throughout September for the challenge, you would accomplish **450 kilometers**.

**Reminder:** The FMO Sports Challenge is YOUR personal challenge. The important thing is to go **at your own pace!**

**Need help? Do not hesitate to contact us if you have any questions:**  
[evenement@fondationoeil.com](mailto:evenement@fondationoeil.com)



# YOUR DONORS

Invite your loved ones to encourage you by contributing with a donation on your profile page.

By logging into your account, you can see all your donors. We encourage you to thank them!

## Here are two wonderful ways to thank them:



You can find a thank you email template on your dashboard, which you can share directly or copy/paste into your own email account.



Spread your gratitude on social media (don't forget to tag your supporters!)

## Where do the donations go?

All donations will support the Eye Disease Foundation's mission to fund eye disease research and promote vision health.

Visit the [Eye Disease Foundation website](#) to learn more about its initiatives.



**Need help? Do not hesitate to contact us if you have any questions:  
[evenement@fondationoeil.com](mailto:evenement@fondationoeil.com)**

# THANK YOU!

TOGETHER, LET'S WALK, RUN AND CYCLE  
FOR VISION HEALTH!



Need help? Do not hesitate to contact us if you have any questions:  
[evenement@fondationoeil.com](mailto:evenement@fondationoeil.com)