**Anthem Foundation/USABA National Fitness Challenge**

**Fitbit Coach App**

A new component to the Anthem/USABA National Fitness Challenge to help participants like you enhance your workouts is the Fitbit Coach app. Fitbit Coach is a personalized training app that gives you access to unlimited specialized video workouts with audio coaching. You can select from 7 to 60 minute personalized bodyweight workouts that adapt and evolve based on your Fitbit activity or your sessions focused on your daily goal. Additionally, you can enhance your walking or running workouts with audio coaching to help you stay motivated and maximize every step.

Basic (free) members have access to the Get Moving program and can complete one personalized workout each week, while members with a Premium subscription have three additional programs to choose from, receive unlimited workouts, and the ability to save your favorite workouts. The Premium Subscription is $7.99 a month or $39.99 for an annual subscription. If you select the annual subscription, as participant of the Anthem/USABA National Fitness Challenge the USABA will reimburse you for half of the cost of the 1st year’s membership. You can upgrade at any time. Program progress is saved, so you can pick up where you left off.

**Fitbit Coach Premium Highlights**:

* Evolving Plans and Goals: Guided video workouts change based on your progress, feedback and goals.
* Bodyweight Workouts: Choose specific workouts from a library of on-demand bodyweight videos and access your favorites at any time.
* Run & Walk Audio Coaching: Maximize every step with audio coaching set to energizing music.
* Fitbit Radio: Add a soundtrack to your workout with seven different genre-based music stations.
* Multiple Coaching Options: Choose the trainer that’s right for you with exercise appropriate coaching for all fitness levels.
* Indoor or Outdoor: Work the treadmill or hit the pavement – either way you’ll get run and walk workouts specific for your environment.

**To get started:**

* Download the Fitbit Coach app or navigate to <https://coach.fitbit.com/> and sign in with your Fitbit account. This account works in the app and on the website and syncs your progress between both platforms. During the set up you will be asked to enter your birthdate, height, gender, weight, current fitness level to help customize the workouts presented to you.
* You will be asked if you would like to Go Premium, if so choose the monthly or annual subscription. USABA will reimburse participants $20 of the annual subscription amount if they choose to the Premium subscription.
* Next you can begin an eight minute Fit Test assessment or jump straight into a workout.
* To begin the Fit Test assessment, choose the play arrow on the screen.
* You will note a list of exercises on the screen. Each exercise on the list is accompanied by a video with a repeating audio description of how to perform the exercise. Note: In the assessment and each workout, they do provide similar instruction, however it does not repeat, so if the exercise is new to you, it is suggested you familiarize yourself with it prior to beginning the workout.
* When you are ready to go click Start Download to begin.
* You will be asked to Choose Your Trainer. Choose whether you would like to have a male or female trainer lead you through the Fit Test. Click on their name/picture and click the select box below to confirm your choice.
* The session will begin to download. Once complete click Start Session.
* Your trainer will provide an overview of how to perform the first exercise. A five second countdown will begin notifying you it is time to start the exercise. After each exercise you will be asked to rate the difficulty of each move, which helps personalize future workouts.
* After completing the Fit Test, choose a program to start. A program is a themed group of workouts tailored to your fitness level and ability.
* As soon as you find your desired program, you’re ready to begin. Have a great workout!

To upgrade to Fitbit Coach Premium, if you do not sign up during the initial downloading of the app, go to your profile in the app and select the settings icon on the top right of the screen. From the menu select Plans & Programs and the option to add the Premium Subscription appears. Follow the steps as prompted. You can also upgrade to Premium by selecting a Premium workout from the workouts menu. Click the Upgrade to Premium button and follow the prompts.