



WinVinaya Foundation
Enabling an Inclusive Society

Frequently asked Questions

What is this event – “Get Fit with WinVinaya” ?

As part of its 5 years celebration, WVF is organizing 12 events, 1 per month. The first event as part of the celebration is the MARCH TOWARDS A HEALTHY AND INCLUSIVE WORLD.

The aim is for Persons with Disabilities and Persons without Disabilities to walk along with each other to promote inclusion and become healthier.

So, is this a Walkathon? One Day Event?

No. You cannot become healthy in one day. This is a month-long virtual walking event, where each participant will be assigned to a team, and the team will fix a goal and they will “walk” towards meeting their daily, weekly target number of steps.

Why is this important?

Since the beginning of lockdown and work from home, almost all of us spend lot more hours in front of the computers with hardly any physical activity. This has left many of us screen fatigued. This event is meant to help us move towards a healthier lifestyle and at the same time learn more about Diversity & Inclusion.

Do I have to pay anything?

No. The participants don’t have to pay any amount for this event.

What am I supposed to do?

Each participant will have to register at <https://tinyurl.com/WVF-March>. After registration, the participant is requested to download “Google Fit” from the app store, install and provide the details asked in the app. While we recommend 5000 steps as the minimum daily target, you are the best judge on what your daily target



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should be. Every day, each participant will share their daily progress with their team lead, who will update the same in the excel sheet provided to them.

Why Google fit?

Google fit is what we recommend as it is supported in all smart phones, there are no spam/ads, is a free app, and is from a trusted developer. If you are already using another app/ gadget and would like to continue with it and NOT use Google Fit, that is perfectly fine, as long as it can measure the number of steps you cover.

What will be measured?

Simple. Only one metric. Number of Steps covered per Day. We request that the participants share the screenshots of the number of steps they have covered per day.

When do you start this?

We are inaugurating the event virtually on 06-Mar-2021, Saturday. Registrations will close by 04-Mar-2021, Thursday at 6pm.

Any tips?

- Key is consistency and gradual improvement.
- Set a target that will stretch you a bit and try to slowly go beyond the target every day
- Walk more during weekends
- Try to walk more while doing your daily chores. If you want to drink water, take extra 100 steps, drink water, take another 100 steps and come back. Don't forget the phone/ gadget that measures the steps.
- Try to walk in the morning, evening and if possible after lunch as well.

If I have any questions, whom should I ask?

Please send an email to info@WinVinayaFoundation.org and mention that it is for "Get Fit for WinVinaya Event" and ask your questions and we will respond back.