

# More People, Moving More.

A User Guide for Oopla Players





# Why Play Oopla Move?

Oopla Move is a fun and innovative way of encouraging everybody to move more every day!

Did you know that as little as 10 minutes of physical activity can have a host of wonderful effects on all aspects of your health & wellbeing?!

That's because **physical activity is a keystone habit**. This means it has a ripple effect, and so it has the potential to positively impact many other areas of your life for the better!



# Who is Oopla Move for?

## Oopla Move is for everyone!

It is purposefully designed so that people with different interests and abilities can take part on a level playing field.

## So why not get stuck in and get moving?!

It won't be long before you start to unleash the benefits of an active lifestyle for both you and your workplace!





# How to Play

## In a nutshell....

Oopla Move is an online web-app platform that aims to help people meet & exceed the recommended weekly guidelines for physical activity, whilst building sustainable and long-lasting healthy lifestyle habits.

Playing is easy, it takes 4 simple steps...

**01**  
Register  
Online

Create an account  
and sync your device.

**02**  
Log  
Activities

What YOU count as  
exercise, counts.

**03**  
Earn  
Points

When activities are  
10 minutes or more.

**04**  
View  
Dashboard

Create a strategy to  
build your Oopla Score.

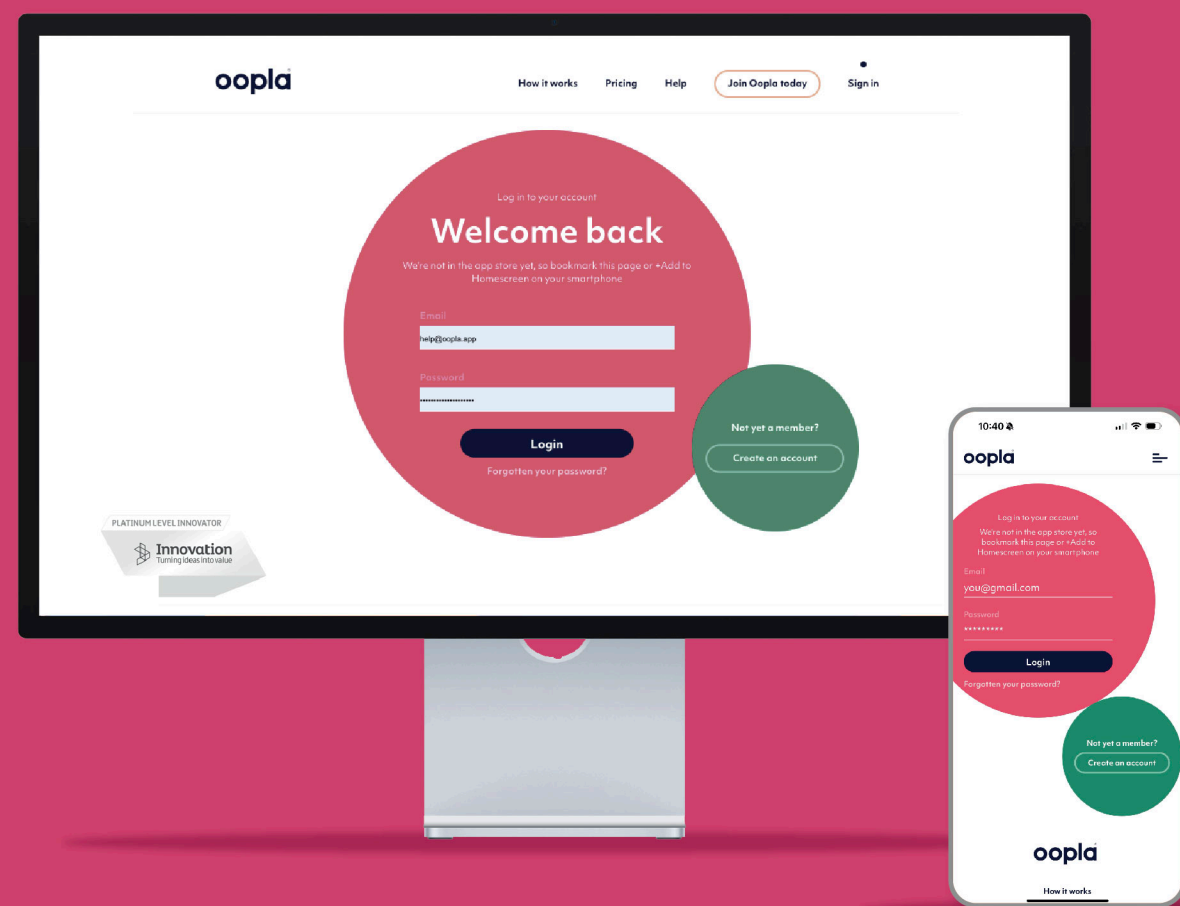
Read on for more details..

# 01 Register Online

Signing up is really easy and only takes a minute.

View your Welcome Email, create an Oopla Account from your Organisation's Landing Page and Click Request to Join.

Tip: Once setup, bookmark <https://www.oopla.app/login> on smartphone and desktop for faster logins.



## Getting ready to log activities

You can log your activities manually or sync them automatically. Go to [+ Add an activity](#) on your Oopla dashboard, where you will have 3 options.

### 1. Add an Activity Manually

Simply fill in the details of your activity after you have completed it.

### Add an activity manually

All fields must be completed  
To add activities quicker view this page on mobile and add to your homescreen  
NOTE: Activities with Dates/Times that overlap are excluded

Activity Type

2024/02/24

hh:mm

hh:mm:ss

Time of day started

Time spent moving

Distance (Km)

Elevation (m)

Enter 0 if none recorded

Enter 0 if none recorded

+

SUBMIT

View activity log

### 2. Sync Activities Automatically with Strava

Simply create a free Strava account on [www.strava.com](http://www.strava.com) and link your account from the Oopla platform. Download the Strava app and use only your smartphone to measure activities, or you can pair compatible smart watches to use with the Strava app.

### 3. Sync Activities Automatically with Garmin

If you have a Garmin device, you can log your activities automatically by clicking on the Sync with Garmin Button inside Oopla.



## 02

## Log Activities

**Whatever you count as exercise, counts!**

It just has to be for 10 minutes or more.

Workouts, cycling, gardening, walking and yoga are just some examples, or whatever else you enjoy doing!

Everyone can find 10 minutes to do something. Just schedule it and get moving!

**A new Round of Oopla begins every 28 Days.**



oopla  
MOVE





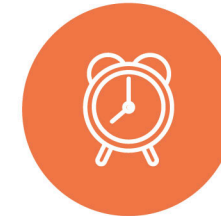
## 03

## Earn Points

Build your Oopla score in different ways.

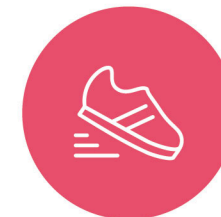
Oopla is about challenging yourself to move more every day in a way and at a pace that suits your needs. It's quick and easy to start scoring points. Over a short time, you will notice both your points and wellbeing grow!

There are 6 ways to score points...



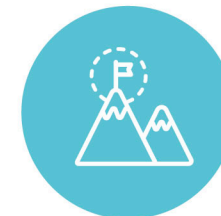
### Weeklys

**10 Minutes of activity = 1 point**  
30 points per week available



### Active Days

**Every 6 active days = 20 points**  
30 Minutes in one day = 1 active day



### Milestones

**Every milestone achieved = 20 points**  
See next page for details on milestones



### Variety

**3 different milestones = 20 points**  
See next page for details on milestones



### Weekly Bonus Task

**Bonus task completed = 20 points**  
Check your Oopla dashboard on Mondays



### The Chase

**Beat your previous Oopla score = 20 points**  
Check your Oopla dashboard for your target

oopla<sup>®</sup>

MOVE



# Milestones

A great way to boost your Oopla Score is by reaching Milestones.

Accumulate the set distance or time to achieve milestones in these different activities and each time you do so, you will earn another 20 points.

Check your Milestone Progress on your Dashboard and build a strategy to complete as many as you can. Ensure you don't leave any incomplete on Day 28 though, as the Round closes and we start again from Zero the next morning.

For even more points, seek to do a variety of different Milestones as there's 20 points available for every 3 different ones achieved, such as Walk, Run, Yoga.



**Walk - 12km**



**Hike - 12km**  
must be >4km and  
include >1m elevation



**Run - 20km**



**Swim - 4km**



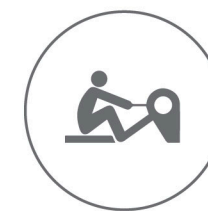
**Yoga - 2hrs**



**Tai Chi - 2hrs**



**Cycle - 60km**



**Ergo - 20km**  
e.g. Indoor rower or SkiErg



**Sports - 2hrs**



**Golf - 7km**  
Must include >1m elevation



**Wheelchair - 30km**



**Workouts - 2hrs**



**Strength - 2hrs**



**Gardening - 2hrs**



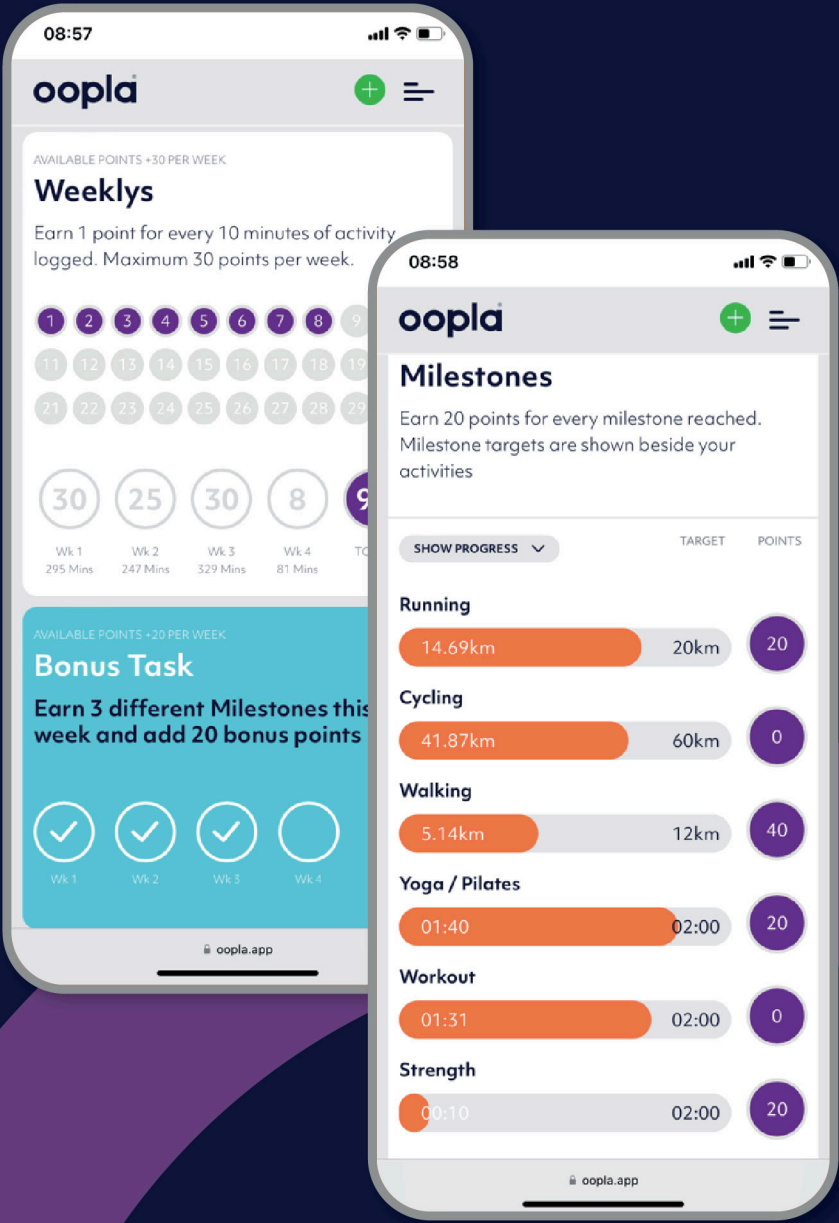
**Dance - 2hrs**



04

# View your Oopla Score

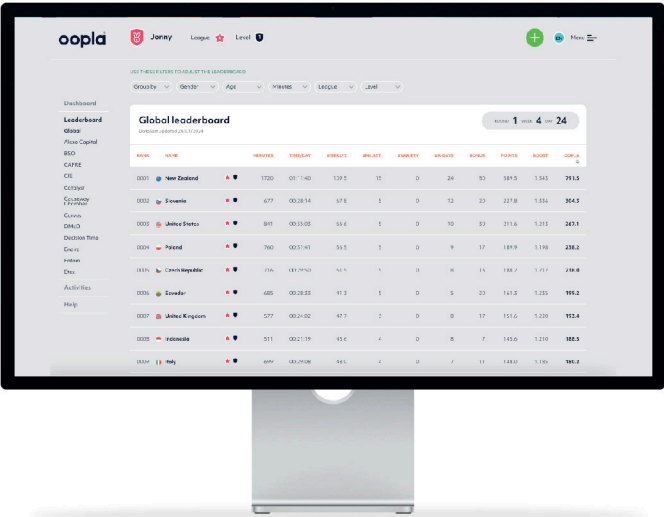
You can find a breakdown of all of your activities on the Oopla dashboard.



## Explore the Leaderboard

Use your name or choose Stealth Mode in your account settings

- Apply filters to view by different demographics
- Create Teams and enjoy a bit of healthy competition
- Progress through the Oopla Leagues & Levels



Scoring Benchmarks	
1000 +	Incredible
750 - 999	Outstanding
500 - 749	Excellent
400 - 499	Superb
300 - 399	Fantastic
200 - 299	Very Good
100 - 199	Good



# The Oopla Ethos..

Let's all get on the same page so that everyone who is playing can encourage and support each other to move more every day!

## Oopla Move is not..

- About becoming a professional athlete
- Making exercise punishment
- Adding another burden
- About becoming the 'perfect' size or shape
- Alienating peers
- Becoming obsessed
- Only doing one type of exercise, one way
- About being perfect all the time with an all or nothing attitude



## Oopla Move is..

- Everyone getting stuck in and moving more
- Making exercise fun and enjoyable
- Increasing energy, vigour, productivity and creativity
- Respecting and looking after your body
- Encouraging others, building morale, having friendly competition
- Becoming more confident
- Rediscovering old sporting passions and finding new joys
- Creating sustainable healthy habits that allow for set backs





# Hints and Tips

- Think small for big change! You only need to find 10 minutes to do something that gets your body moving! And there is always time before bed for some yoga!
- Plan your day to spot where you can incorporate movement into your daily rhythms and routines. Could you cycle to work, or take a quick walk during your lunch break?
- Make it fun!!
- Join a Team and gain the encouragement of others.
- Come up with a strategy to maximise your score - e.g. carry out bonus tasks, increase variety and work steadily towards multiple milestones.
- Keep your measurement device battery charged.
- Avoid over-exercising and risking injury and always include some rest days.
- Some days may lead to set backs - don't dwell on them, focus on progress, not perfection.







**Any Questions?**

Contact: [help@oopla.app](mailto:help@oopla.app)

**#OoplaMove**