

How to connect to Strava

Overview of the request



Option 1: Desktop

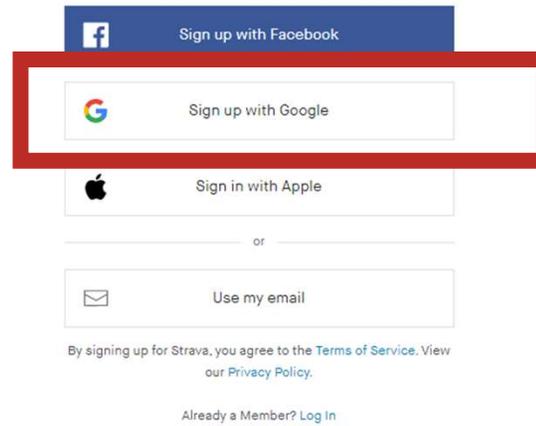
(option B is listed few slides lower)



STRAVA



The #1 app for runners and cyclists



STRAVA Dashboard Training Explore Challenges Give a Subscription

Leen Schepens
Following 24 Followers 19 Activities 80

Latest Activity
Avondwandeling - October 25, 2021

Your Training Log

THIS WEEK
0 km

THIS YEAR
19 km

Manage Your Goals

Clubs Create a Club

Your Friends On Strava
Find and invite friends to see their adventures and share some encouragement.
Find and Invite Your Friends

Create your profile
This will give you a place to store workouts and help your friends find you.

First Name: Leen Last Name: Schepens
Birthday: Apr 3, 1981 Gender: Female

Continue

Find your Facebook friends on Strava or invite them to join you. Once they're on, discover new workouts and start training with the athletes you already know.
Connect Facebook

Get our free app
Record, analyze and share activities right from your phone. Our free mobile app keeps you connected with friends and ready for the next workout.
Available on the App Store | GET IT ON Google Play

STRAVA Dashboard Training Explore Challenges

Give a Subscription

Peter Salaets

Following: 24 | Followers: 19 | Activities: 80

Latest Activity: Avondwandeling - October 25, 2021

Your Training Log

THIS WEEK: 0 km

THIS YEAR: 19 km

Manage Your Goals

Suggested friends

Follow friends to see their adventures and share some encouragement.

56 friends to follow

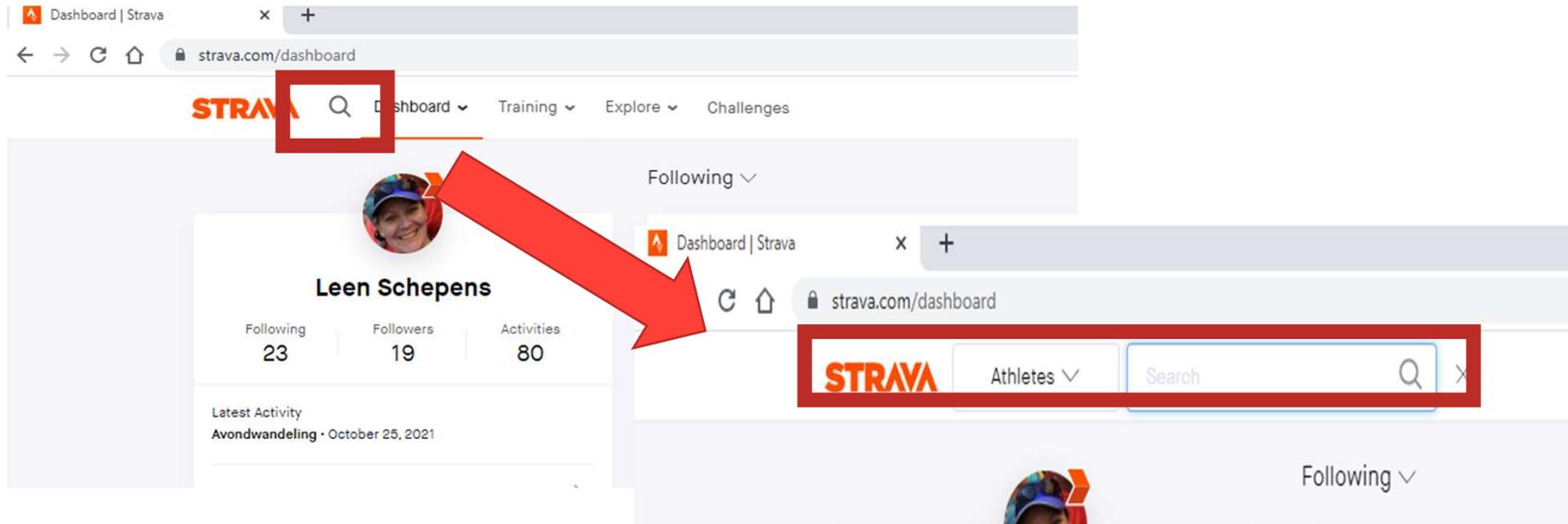
-  **Jerco Veltjen**
You have mutual friends on Strava [Follow](#)
-  **Lieselotte Wallaert**
You have mutual friends on Strava [Follow](#)
-  **Ben Abelshausen**
You have mutual friends on Strava [Follow](#)
-  **Lise Detobel**
You have mutual friends on Strava [Follow](#)
-  **Ann-Sophie Serruys**
You have mutual friends on Strava [Follow](#)
-  **An-Elisabeth De Greve**
You have mutual friends on Strava [Follow](#)
-  **Laura carter**
Laura follows you on Strava [Follow](#)

[Skip for Now](#)

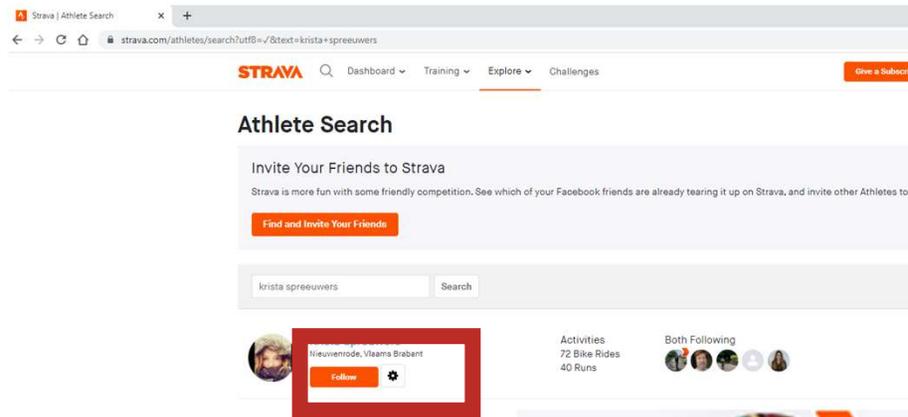
Clubs [Create a Club](#)

Your Friends On Strava
Find and invite friends to see their adventures and share some encouragement.
[Find and Invite Your Friends](#)

Add a Nipro athlete to your network



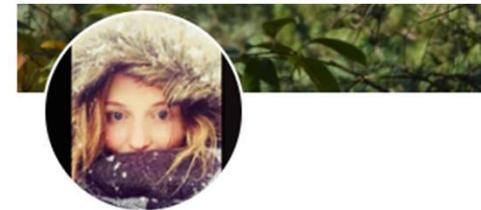
Follow one of us and we will invite you to the Challenge



Rutger van Leeuwen

Subscriber

Kessel-Lo, Vlaams Gewest, Belgium



Krista Spreuwers

Nieuwenrode, Vlaams Brabant



Leen Schepens

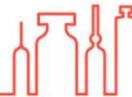
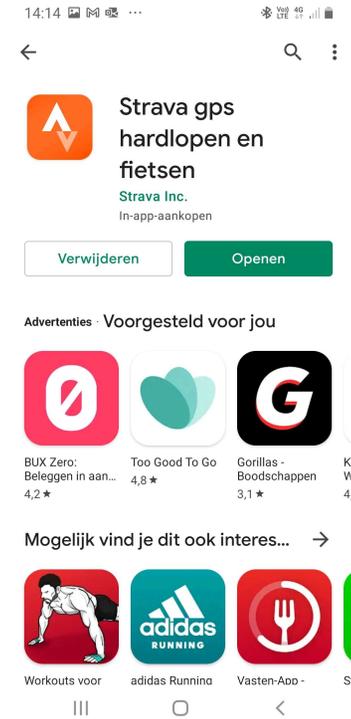
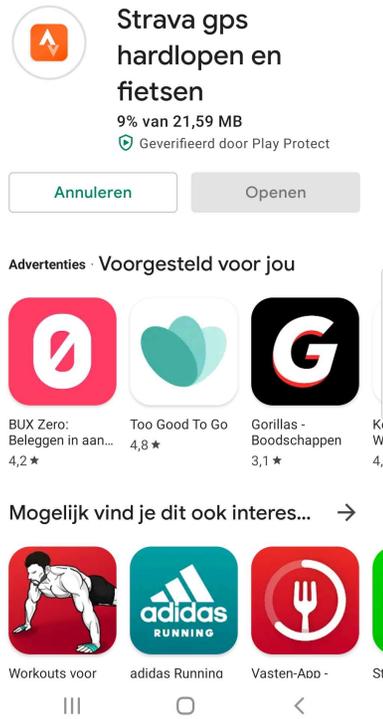
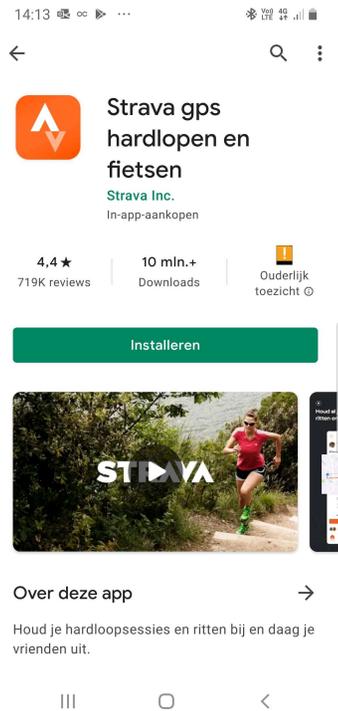


Option 2: App on smartphone

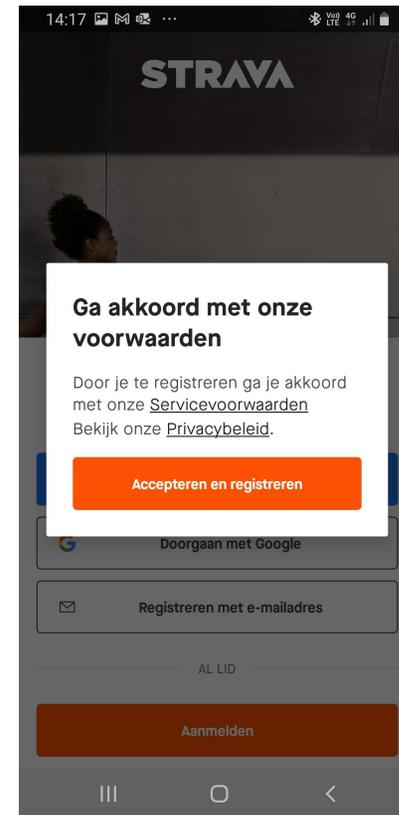
(option A is listed few slides higher)



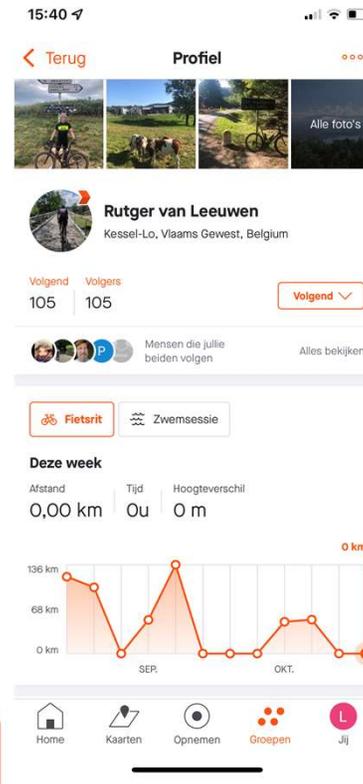
Go to the playstore or apple store of your device



Login through eg your google account and complete your profile



Add a Nipro athlete to your network



Follow one of us and we will invite you to the Challenge



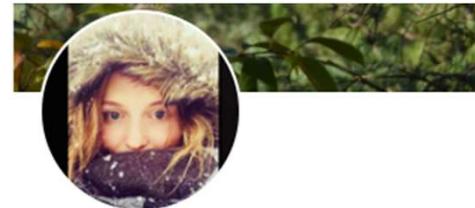
Rutger van Leeuwen

Subscriber

Kessel-Lo, Vlaams Gewest, Belgium



Leen Schepens



Krista Spreuwers

Nieuwenrode, Vlaams Brabant



The Challenge

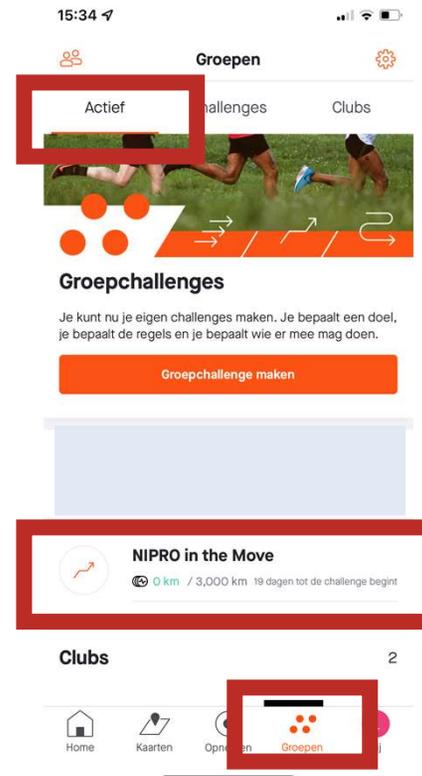
Nipro On the Move



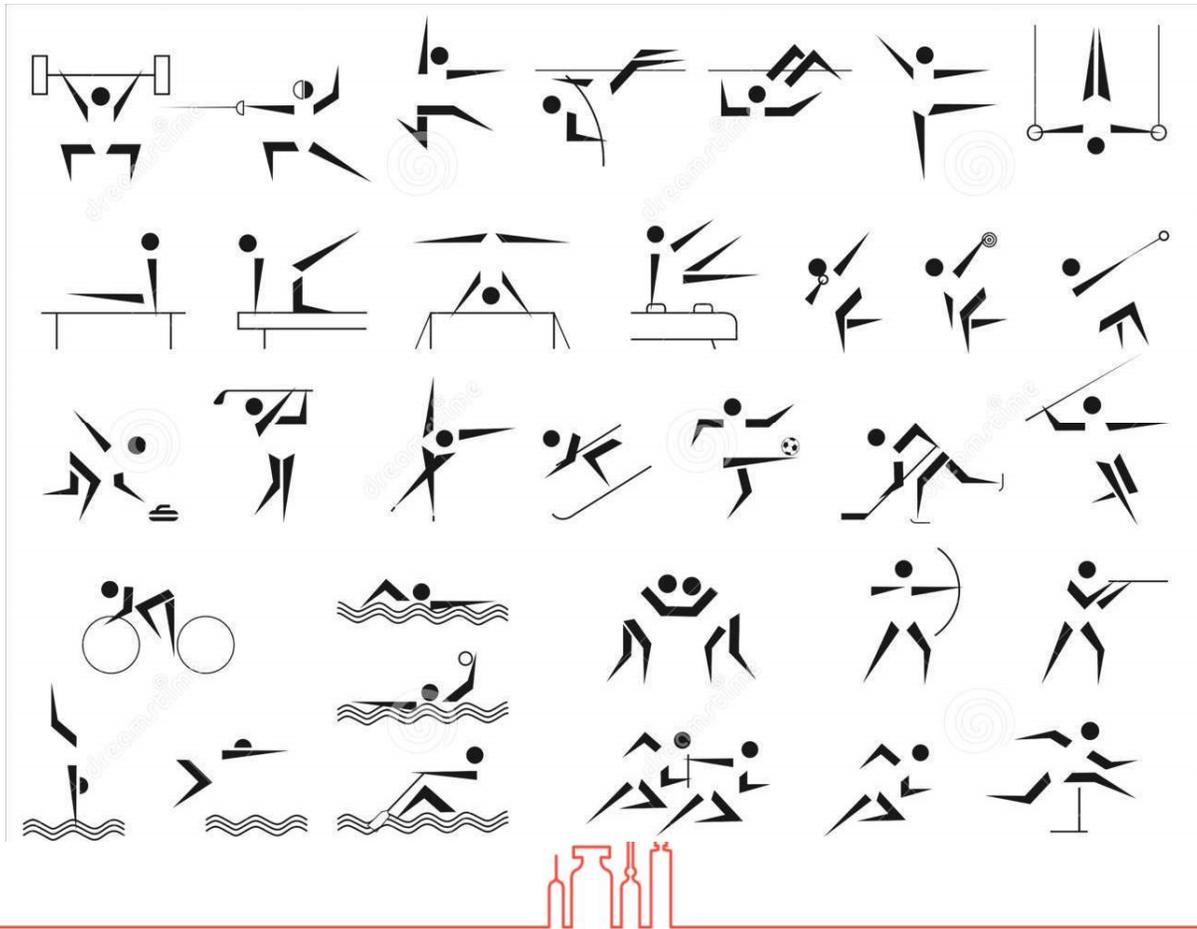
Nipro on the Move

How to access

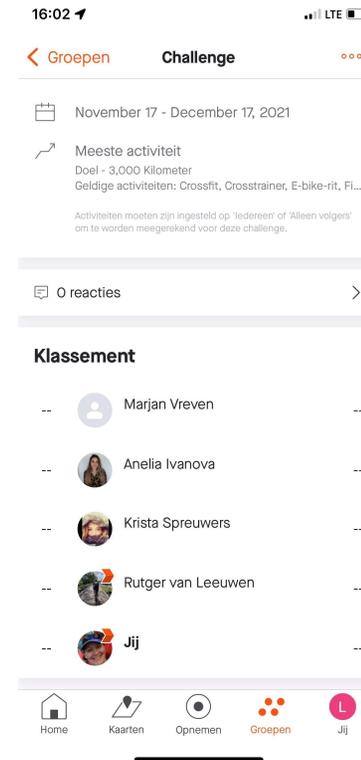
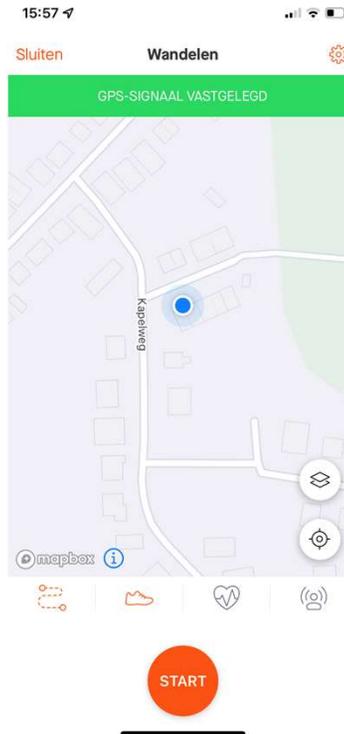
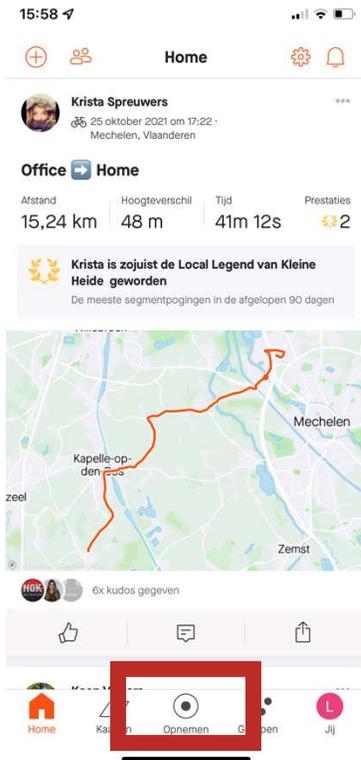
- You will receive an e-mail with a link to participate the Nipro Challenge
- Preferably you click on the link in the mail on your smartphone
- The group challenge will be only visible on the smartphone app (not on the desktop version)
- Once accepted the Nipro on the move challenge will be visible in the active challenges



Nipro on the Move – in the broadest sense



Just start recording your activity and you will climb in the ranking of the challenge



You can accept to join the challenge at any given time

But only the activities between November 17th and December 17th will count



Have fun

Enjoy the move

