



MACQUARIE
University

UniMoves Explained

What is UniMoves?

It's an app, developed by UniSport Australia, Sport Australia and 11 pilot universities to get staff and students to commit to 30 minutes of activity every day. It's an extension of Sport Australia's 'find your 30' campaign, which you may have seen on TV, newspapers, radio etc.

What can the app do for me?

Macquarie University has customized the app to help you:

- Track your activity levels
- Challenge your friends or colleagues to see who moves more
- Access awesome on-campus challenges and win prizes!
- Track your workouts in the gym
- Find out about the latest events and activities on campus to get you moving
- Complete pre-programmed workouts or create your own from a library of more than 1300 exercises

The app is in the Play Store and the Apple store – just search for 'Macquarie Uni Moves'.

How do I track my activity?

Sync your device or enter your stats manually.

If you have your own tracking device (such as a Fitbit, Garmin, etc) it is important that your device is synced with Apple or Samsung Health first. Once you have done this, you can then sync Apple or Samsung Health with the app – just make sure your apps and devices are connected through the settings section.

If you don't have a tracking device, you can manually input the activity you do by adding your results into the 'my movement' section.

What is a 'MOVE'?

MOVEs are a way to measure all types of activities. The MOVEs you collect depend on the activity you have chosen and how active you are. The higher the intensity and duration of the activity, the more MOVEs you will earn. You can also view your activity in calories and distance in the 'results' section of the app.

How many 'MOVEs' are recommended per day?

You should aim for 1000 MOVEs per day which equates to 10,000 steps

Where can I find more information about the 'find your 30' initiative?

The ['Find your 30' website](#) is a great tool to find out simple ways of incorporating more activity in your everyday life.

Who can I contact for technical issues/help?

[Email the Macquarie UniMoves](#) team.

