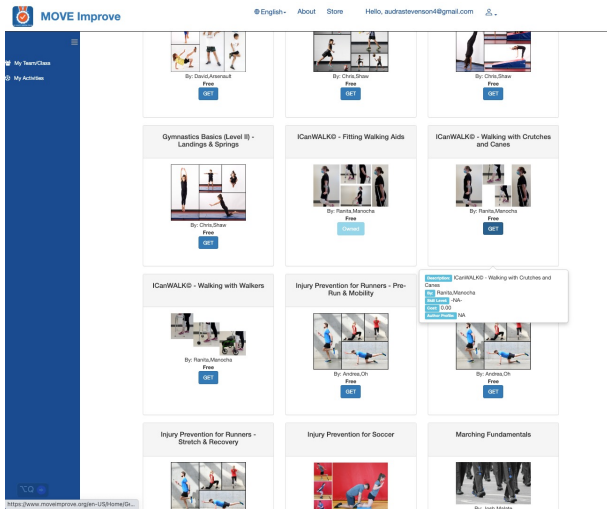


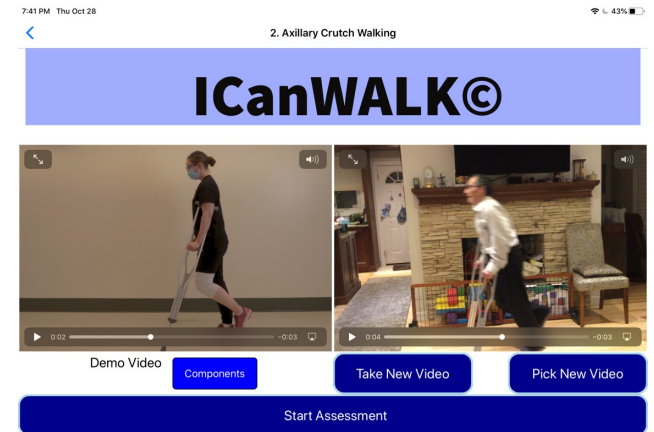
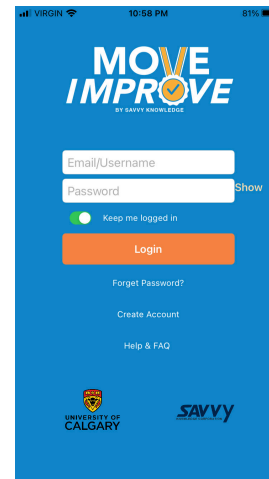
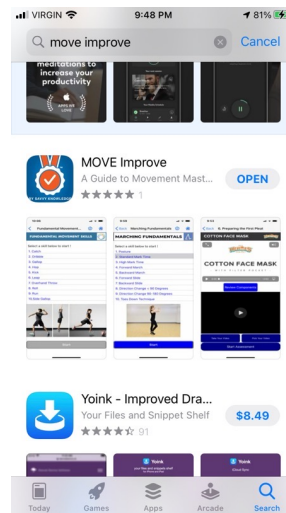


# How to Register, download, and activate Activities on the Move Improve Platform

## MOVE Improve Store



## MOVE Improve App




Register an account by going to [moveimprove.org](https://moveimprove.org) and click 'Register'.

The screenshot shows a web browser at the URL [moveimprove.org/en-US/Home/Activities](https://moveimprove.org/en-US/Home/Activities). The browser's address bar and tabs are visible at the top. The website header features the Move Improve logo on the left and navigation links for English, About, Store, Register, and Sign In on the right. A red arrow points from the text above to the 'Register' link. Below the header, the page title is 'MOVE Improve Store'. There is a section for downloading a mobile app with buttons for the App Store and Google Play. A search bar is present with the placeholder text 'Search keyword in activity name' and a 'Search' button. The main content area displays three activity cards: 'Advancing Gymnastics Skills' by Chris Shaw, 'Balance for Older Adults' by Sofia Backåberg, and 'Daily Life Movements' by Sofia Backåberg. Each card includes a grid of images showing people performing the activity, the author's name, the word 'Free', and a blue 'GET' button.

Fill in the form  
and click 'Register'.

← → ↻ [moveimprove.org/en-US/Account/Register](https://moveimprove.org/en-US/Account/Register)

 **MOVE Improve** English [About](#)

### Register for an Account

Email confirmation will be sent to your registered email account.

**First Name\***

**Last Name\***

**Email/Username\***

Email confirmation will be sent to your registered email account.

**Why are you interested in Move Improve?**

**Password\***


- Passwords must be at least 8 characters long with at least one character from 3 following groups:
- Passwords must have at least one digit ('0'-'9').
- Passwords must have at least one uppercase ('A'-'Z').
- passwords must have at least one non-letter or digit character

**Confirm Password\***

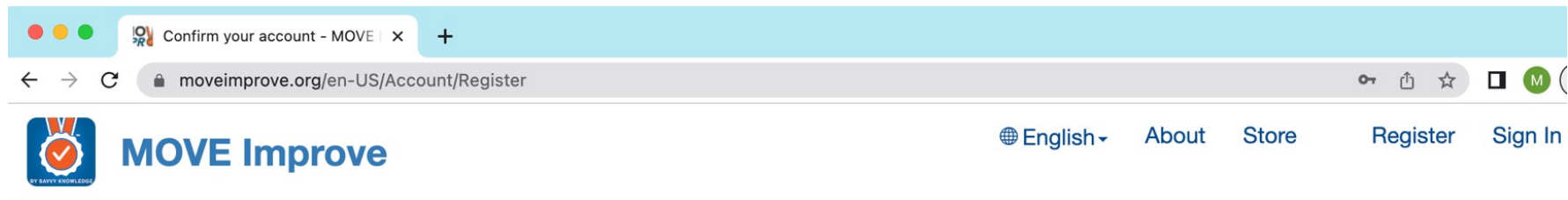
Select your intended role(s)  Learner  Instructor  Organizational Administrator  Developer  Administrator

Sync mobile data to cloud database?

Cell Phone

I'm not a robot 

When you click register you will get a request to confirm your login with the message below.  
Go to your email and find the message from 'register@moveimprove.org'



## Confirm your account.

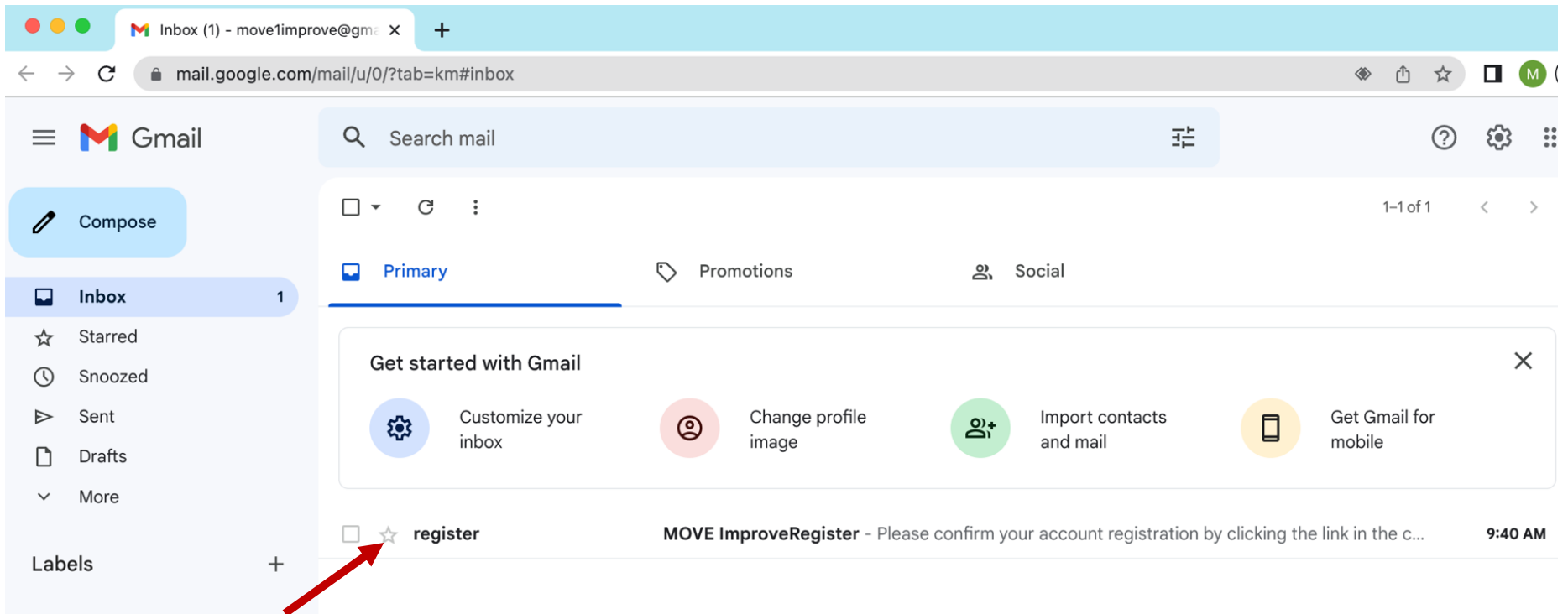
We have sent you an email for confirmation. Please check your email and confirm your email address by clicking on the link in the email.

It may take several minutes for the email to reach your mailbox.

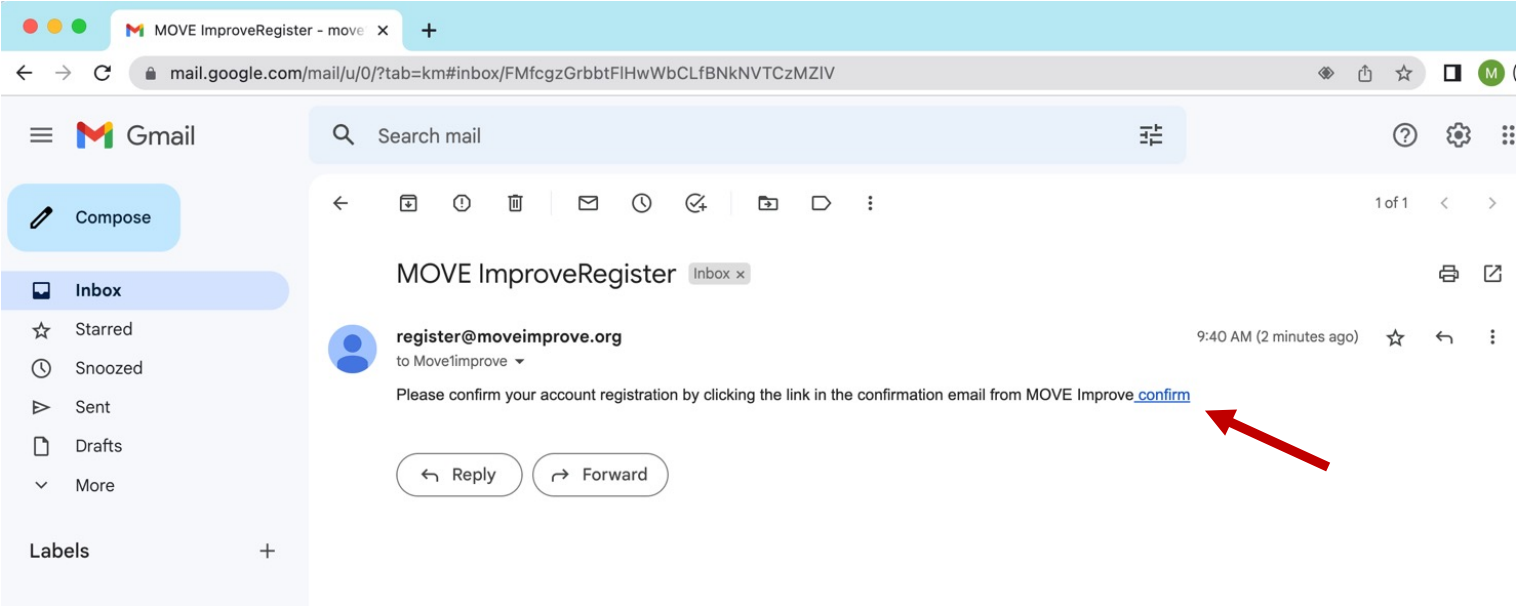
Note: If you can't find the verification email from Move Improve.

- Make sure that you entered a correct email address above.
- Check your spam or junk email folder.

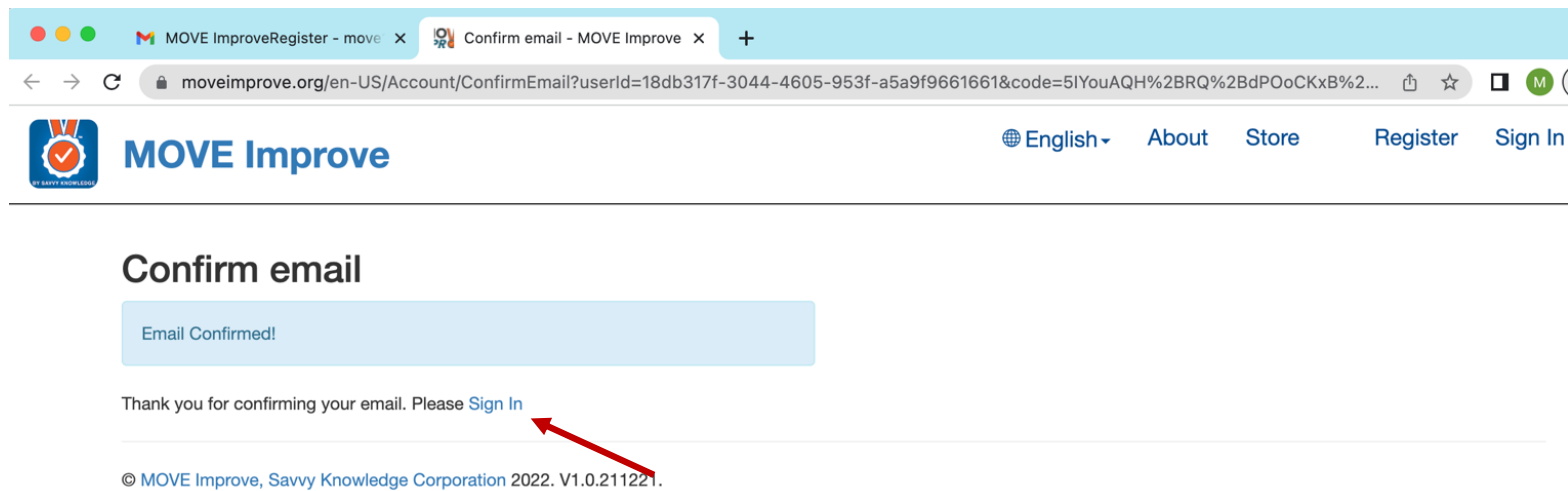
Please go to your email and confirm your registration by opening the email message.



# Click 'confirm'



You will receive the message that your email is confirmed –  
Click on 'sign in' to access the Move Improve website.



The screenshot shows a web browser window with two tabs: "MOVE ImproveRegister - move" and "Confirm email - MOVE Improve". The address bar shows the URL: [moveimprove.org/en-US/Account/ConfirmEmail?userId=18db317f-3044-4605-953f-a5a9f9661661&code=5lYouAQH%2BRQ%2BdPOoCKxB%2...](https://moveimprove.org/en-US/Account/ConfirmEmail?userId=18db317f-3044-4605-953f-a5a9f9661661&code=5lYouAQH%2BRQ%2BdPOoCKxB%2...). The page header includes the "MOVE Improve" logo, a language selector set to "English", and navigation links for "About", "Store", "Register", and "Sign In". The main content area features a "Confirm email" heading, a light blue box with the text "Email Confirmed!", and a message: "Thank you for confirming your email. Please [Sign In](#)". A red arrow points to the "Sign In" link. The footer contains the copyright notice: "© MOVE Improve, Savvy Knowledge Corporation 2022. V1.0.211221."

Log into the Move Improve store with your email and password and press 'continue'.

MOVE Improve

English About Store Register

### Sign In

Email/Username  
Move1improve@gmail.com

Password  
.....

Remember me?

By continuing, you agree to MOVE Improve's Conditions of Use and Privacy Notice

[Continue](#)

[Forget your password?](#)

[New to MOVE Improve -> Register](#)

[Still need help?](#)



Scroll through the store until you find the program(s) you want (e.g., I Can Walk – Fitting Walking Aids), then Select ‘Get’.

## MOVE Improve Store

The screenshot displays the MOVE Improve Store interface. At the top, there is a navigation bar with the MOVE Improve logo, language options (English), and user information (Hello, audrastevenson4@gmail.com). A left sidebar contains navigation links for 'My Team/Class' and 'My Activities'. The main content area is a grid of activity cards. Each card features a thumbnail image, the activity title, the author's name, and a 'Free' label above a 'GET' button. A red arrow points to the 'GET' button on the 'ICanWALKO - Fitting Walking Aids' card. A tooltip is visible over the 'GET' button of the 'ICanWALKO - Walking with Crutches and Canes' card, displaying details such as 'Description', 'By: Raniita,Manocha', 'Skill Level: NA', 'Cost: 0.00', and 'Access: Free/NA'. The URL at the bottom of the page is https://www.moveimprove.org/en-US/Home/GetFreeActivity?actid=0a203e30-abf1-4478-b52e-5998dbd53e...

MOVE Improve

English - About Store Hello, audrastevenson4@gmail.com

My Team/Class

My Activities

ICanWALKO - Fitting Walking Aids

By: Chris,Shaw

Free

GET

ICanWALKO - Walking with Crutches and Canes

By: Raniita,Manocha

Free

GET

ICanWALKO - Walking with Walkers

By: Raniita,Manocha

Free

GET

Injury Prevention for Runners - Pre-Run & Mobility

By: Andrea,Oh

Free

GET

Injury Prevention for Runners - Stretch & Recovery

By: Andrea,Oh

Free

GET

Injury Prevention for Soccer

By: Sarah,McIntosh

Free

GET

Marching Fundamentals

By: Sarah,McIntosh

Free

GET

ICanWALKO - Walking with Crutches and Canes

Description

By: Raniita,Manocha

Skill Level: NA

Cost: 0.00

Access: Free/NA

https://www.moveimprove.org/en-US/Home/GetFreeActivity?actid=0a203e30-abf1-4478-b52e-5998dbd53e...

## Read and 'accept' the disclaimer.

The screenshot shows the MOVE Improve app interface. At the top left is the MOVE Improve logo. The top right shows navigation links for English, About, and Store, along with a user profile icon and the text "Hello, audrastevenson4@gmail.com". A dark blue sidebar on the left contains "My Team/Class" and "My Activities". The main content area is titled "Free Activity" and shows a description for "ICanWALK© - Fitting Walking Aids". A modal window is open over this content, displaying the following text:

**ICanWALK© - Fitting Walking Aids**

**WARNINGS, DISCLAIMERS, AND CONDITIONS OF USE**

WARNINGS, DISCLAIMERS, AND CONDITIONS OF USE  
The following skills if not performed correctly could lead to injury. It is always best to perform these skills with peer, partner, or trained personnel. The ultimate responsibility for your safety during the performance of these skills is you, the person performing the skills.  
Even when you are under the supervision of trained personnel, injuries can still occur and there are no guarantees that the same or similar skills will be performed safely on other occasions.

The information in this program is provided for educational purposes only. The information is not intended to be, and does not constitute, educational or healthcare advice. Any decision concerning the education, health and/or treatment associated with using these skills should be made in consultation with a qualified professional. The members of the team that developed this content and the developer of the Move Improve Application, Savvy Knowledge Corporation, are not responsible for any injuries that may arise from the use of this app. By clicking the accept button and

At the bottom of the modal are two buttons: "Accept" (blue) and "Cancel" (red).

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Click on My Activities and You will see that you have access to I Can Walk – Fitting Walking Aids. Getting Started with Move Improve comes with the registration. You can go back to the store to select another Activity.

The screenshot displays the MOVE Improve web application interface. At the top left is the MOVE Improve logo. The top right navigation bar includes a language selector set to 'English', links for 'About' and 'Store' (with a red arrow pointing to it), and a user profile section showing 'Hello, audrastevenson4@gmail.com' and a user icon. A dark blue sidebar on the left contains two menu items: 'My Team/Class' and 'My Activities' (with a red arrow pointing to it). The main content area is titled 'List of My Activities' and contains a table with two rows of activity data. Red arrows point to the 'My Activities' menu item and the first two rows of the table. The table has columns for Name, Description, Creator, Language, and a set of buttons for 'Owned /Loaded' and 'Unload'.

Name	Description	Creator	Language	Owned /Loaded	Unload
* Getting Started with MOVE Improve	Getting Started with MOVE Improve (2023)	Andrea Oh	English	Owned /Loaded	Unload
ICanWALK© - Fitting Walking Aids	ICanWALK© - Fitting Walking Aids	Ranita Manocha	English	Owned /Loaded	Unload

© MOVE Improve, Savvy Knowledge Corporation 2023. V1.0.211221.

Scroll through the store 'Get' another activity.

## MOVE Improve Store

The screenshot displays the MOVE Improve Store interface. At the top, there is a navigation bar with the logo, language options (English), and user information (Hello, audrastevenson4@gmail.com). A left sidebar contains navigation links for 'My Team/Class' and 'My Activities'. The main content area is a grid of activity cards. Each card features a thumbnail image, a title, the author's name, and a 'Free' label with a 'GET' button. A red arrow points to the card titled 'ICanWALK® - Walking with Crutches and Canes' by Ranita,Manocha. A tooltip is visible over this card, displaying the following information:

- Description: ICanWALK® - Walking with Crutches and Canes
- By: Ranita,Manocha
- Skill Level: -NA-
- Cost: 0.00
- Region: NA

At the bottom of the page, a URL is visible: <https://www.moveimprove.org/en-US/Home/GetFreeActivity?actId=0a203e30-abf1-4478-b52e-5998bd53e...>

Once again, read and 'accept' the disclaimer.

**MOVE Improve**

English About Store Hello. audrastevenson4@gmail.com

### ICanWALK© - Walking with Crutches and Canes

#### WARNINGS, DISCLAIMERS, AND CONDITIONS OF USE

**WARNINGS, DISCLAIMERS, AND CONDITIONS OF USE**

The following skills if not performed correctly could lead to injury. It is always best to perform these skills with peer, partner, or trained personnel. The ultimate responsibility for your safety during the performance of these skills is you, the person performing the skills.

Even when you are under the supervision of trained personnel, injuries can still occur and there are no guarantees that the same or similar skills will be performed safely on other occasions.

The information in this program is provided for educational purposes only. The information is not intended to be, and does not constitute, educational or healthcare advice. Any decision concerning the education, health and/or treatment associated with using these skills should be made in consultation with a qualified professional. The members of the team that developed this content and the developer of the Move Improve Application, Savvy Knowledge Corporation, are not responsible for any injuries that may arise from the use of this app. By clicking the accept button and

**Accept** **Cancel**

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Click on 'My Activities' and you now have access to 'I Can Walk Walking with Crutches'.

You can go back to the store to select as many activities as you want.

MOVE Improve

English - About Store Hello, audrastevenson4@gmail.com

My Team/Class

My Activities

### List of My Activities

Name	Description	Creator	Language		
Getting Started with MOVE Improve	Getting Started with MOVE Improve (2023)	Andrea Oh	English	Owned / Loaded	Unload
ICanWALK© - Fitting Walking Aids	ICanWALK© - Fitting Walking Aids	Ranita Manocha	English	Owned / Loaded	Unload
ICanWALK© - Walking with Crutches and Canes	ICanWALK© - Walking with Crutches and Canes	Ranita Manocha	English	Owned / Loaded	Unload

© MOVE Improve, Savvy Knowledge Corporation 2023. V1.0.211221.

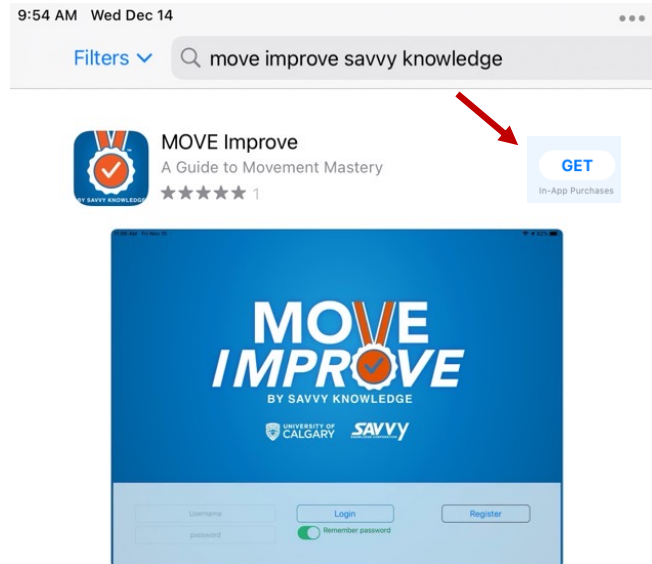
Now you need to access the Move Improve Platform.

Use the QR code below on your mobile device to go to the Apple or Google Play Store and 'Get' or 'Open' Move Improve by Savvy Knowledge.

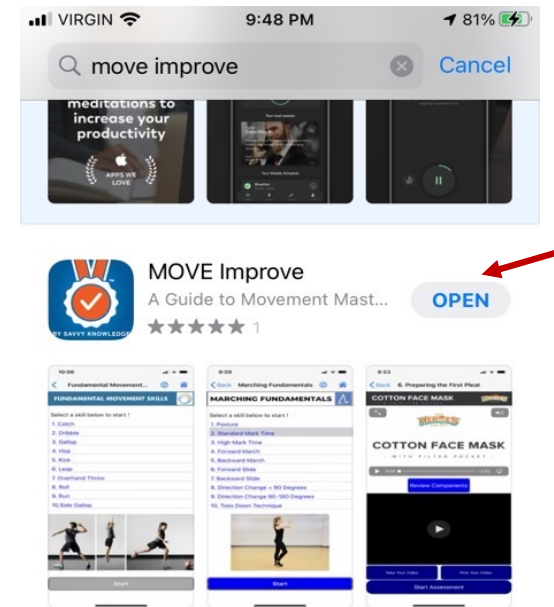
Click on the appropriate QR code



### Apple Store

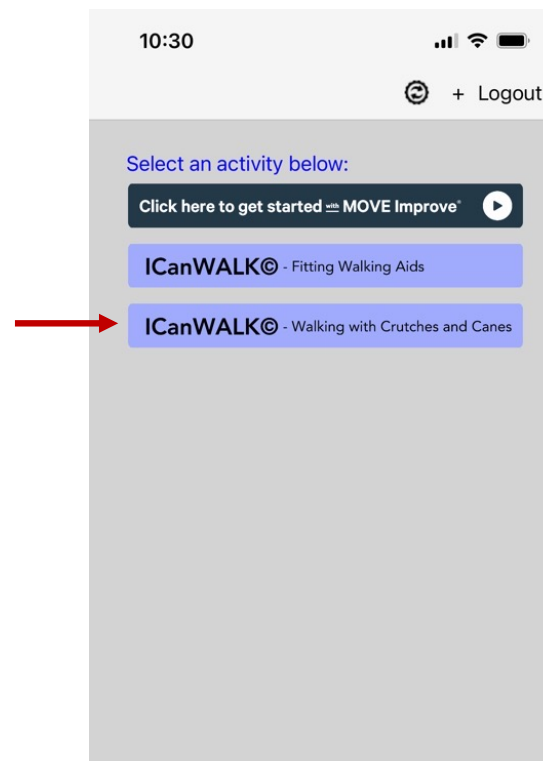
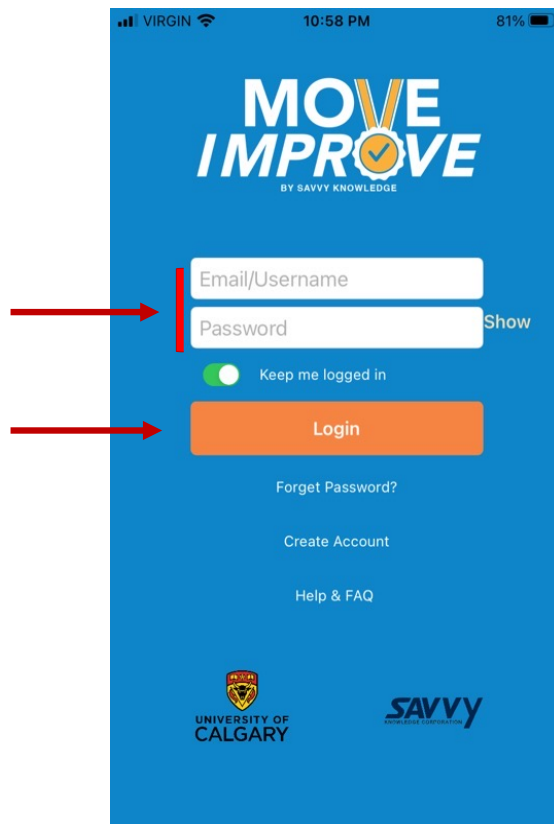


### Google Store



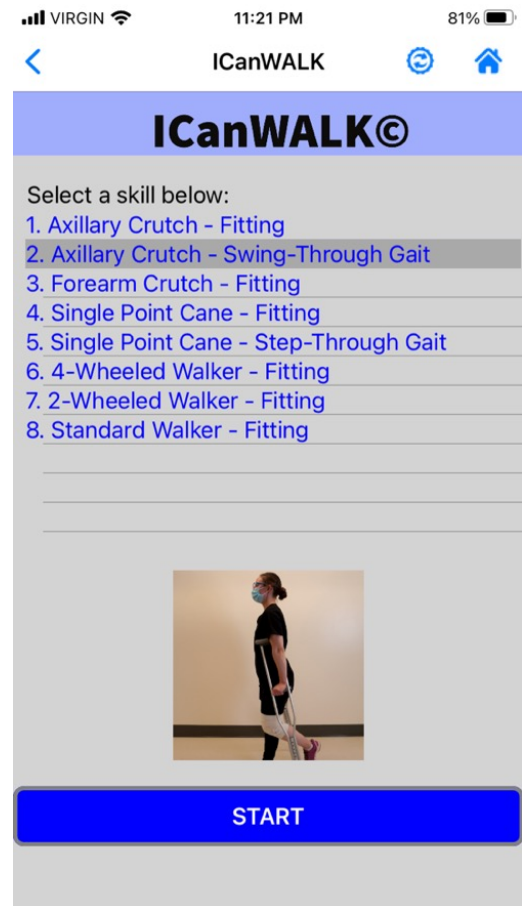
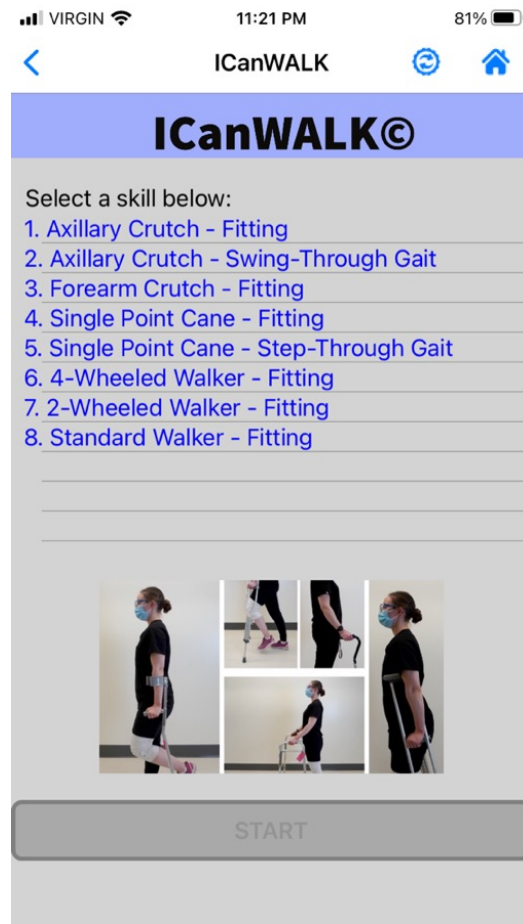
Open Move Improve on your mobile device, and log by typing in your email and password then click 'Login'.

Click on the Activity you want to use.

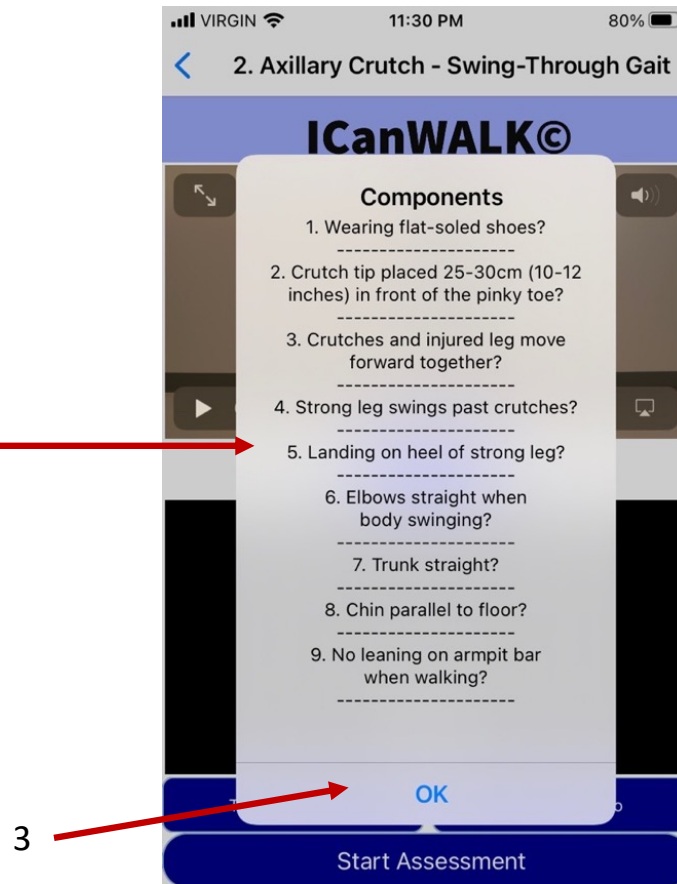
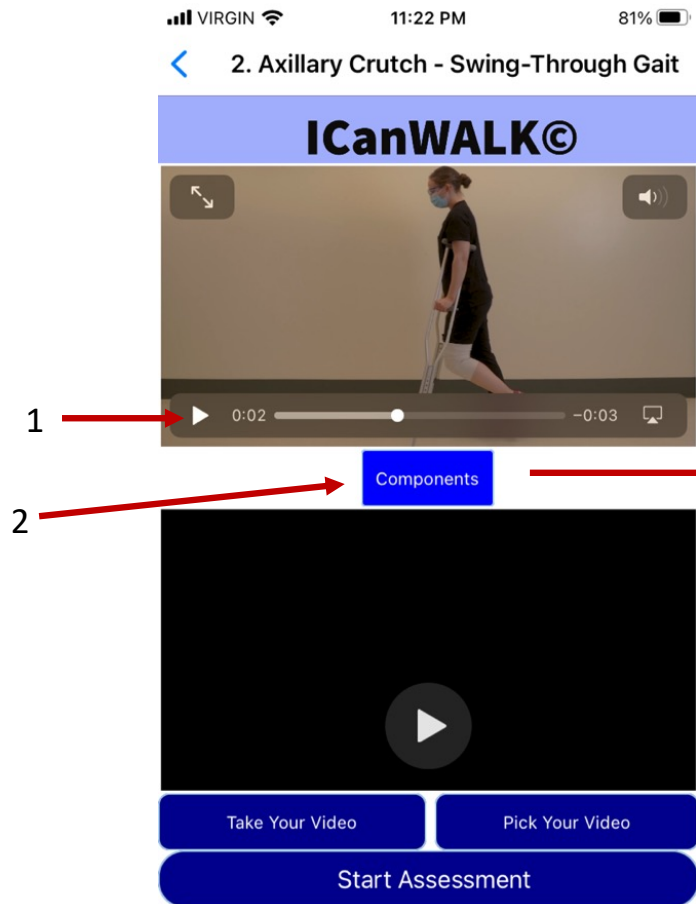




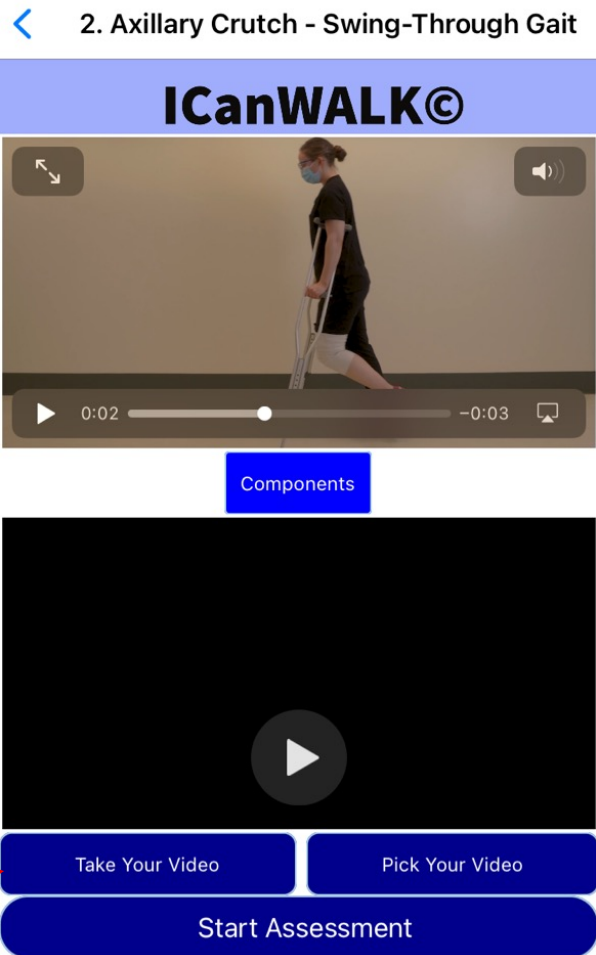
Choose the Skill that you want and then click start.



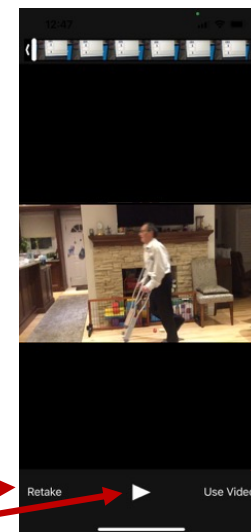
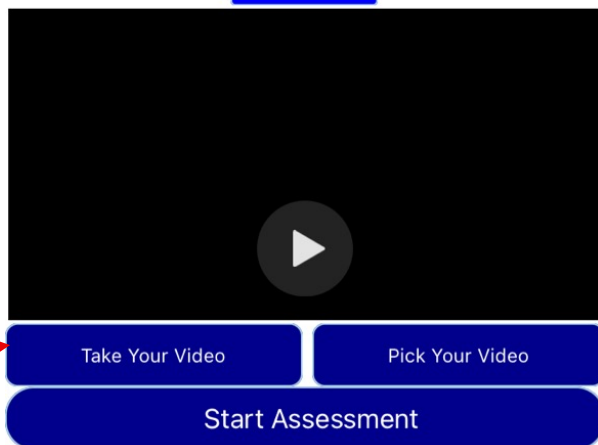
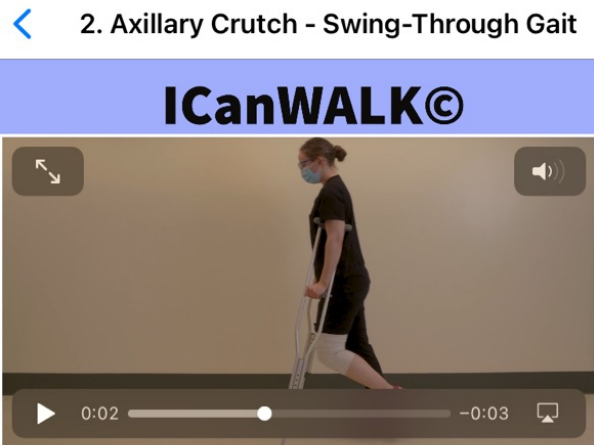
Watch the video (1), look at components (2), press okay (3)



With the App, take a video of you or a colleague/peer performing the skill




If using a phone rotate the phone to landscape and then take the picture.  
You can play the video, retake the video or use the video.




# Compare the two videos and start the assessment. Compare component images to the video

4. Axillary Crutches - Swing-Through...

ICanWALK© - Walking with Crutches and Canes



Components




Take New Video

Pick New Video

Start Assessment

Components 1 of 9

ICanWALK© - Walking with Crutches and Canes

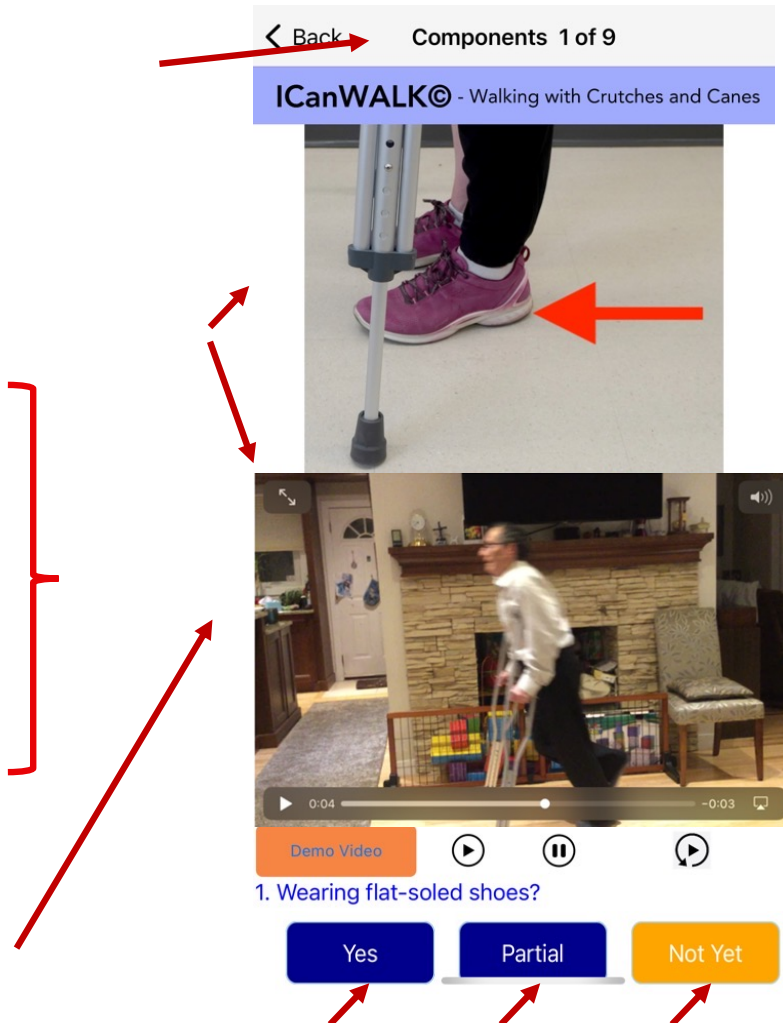


0:04 -0:03

Demo Video

1. Wearing flat-soled shoes?

Yes Partial Not Yet



Each skill has different components, complete all the component and get you final score. Then go back to the skill list.

< Component 3 of 9

**ICanWALK©**



Demo Video

3. Crutches and weaker leg advance together?

Yes Partial Not Yet

< Your Scores & Summary

**ICanWALK©**

Your assessments

1. Wearing flat-soled shoes?  
No
2. Crutch tip placed 25-30cm (10-12 inches) in front of the foot?  
No
3. Crutches and injured leg move forward together?  
No
4. Strong leg swings past crutches?  
No
5. Landing on heel of strong leg?  
No
6. Elbows straight when body swinging?  
Partial
7. Trunk straight?  
Partial

Good at doing the movement?  
Likes doing the movement?  
You scored : 14 / 27

GOOD EFFORT!  
It takes time to master a new skill. By continuing to practice the skill, and evaluating your performance, you will succeed.  
Click below to try again or choose a different skill.

Back to Skills

**MOVE  
IMPROVE**  
BY SAVVY KNOWLEDGE

Email/Username

Password [Show](#)


Keep me logged in


Login

[Forget Password?](#)




[Create Account](#)


[Help & FAQ](#)

 UNIVERSITY OF CALGARY


 SAVVY

10:30

 + Logout

Select an activity below:

[Click here to get started ⇒ MOVE Improve](#) 

[ICanWALK© - Fitting Walking Aids](#)

[ICanWALK© - Walking with Crutches and Canes](#)