

### Overview - How to Register, Download, and Activate Activities

1. On your web browser
  1. Go to [moveimprove.org](https://moveimprove.org)
  2. Register for an account using your email.
  3. A confirmation email will be sent to your email address
  4. Go to your email and open the email from [register@moveimprove.org](mailto:register@moveimprove.org) and click on 'confirm'
  5. Return to [moveimprove.org](https://moveimprove.org) website by:
    1. Clicking "please sign in" found on the confirm registration email.
    2. Or manually returning to the [moveimprove.org](https://moveimprove.org) website.
  6. Login using your email and password.
  7. Scroll through the **MOVE Improve Store** until you find the programs you want
  8. Press "Get" for the activity you want and accept the disclaimer.
  9. You will then see a list of activities that you own. Go back to the store for more activities if wanted.
  10. Then, go to your smart phone (iPhone or Android) or tablet (iPad or Android)
2. On Your Mobile Device –
  1. Access the Move Improve App by
    1. Using the Apple or Google link on [Moveimprove.org](https://moveimprove.org)
    2. Or search for Move Improve by Savvy Knowledge on the Apple or Google stores
  2. Download the Move Improve App
  3. Log in using your registration email and password
  4. Allow time for the application to download the images and videos
  5. Select the Activity and then select a skill to start the program

**Move Improve is available on iPhone, iPad and Android phones and tablets**  
**Android devices require a minimum of 4 gigabytes of RAM**