

## LSE Phelan US Centre: World Walking guide

Welcome to our World Walking challenge!

World Walking is a free platform that encourages physical activity by allowing users to join virtual walks to some of the world's most iconic locations. You can join our challenge via the [World Walking website](#).

Here is a quick guide to help you get started!

**Step 1:** Please fill in our [registration form](#).

**Step 2:** Please follow the email from World Walking to create an account and then accept our invitation to join our group and walk.

**Step 3:** Add your steps to your account and spend them on our walk!

If you have any problems registering or with the World Walking app, please email us at [USCentre.Events@lse.ac.uk](mailto:USCentre.Events@lse.ac.uk) or you can refer to World Walking's [Getting Help webpage](#).

### Registration and getting started

As part of the Phelan US Centre Green Impact Platinum Project, we have selected an incredible walk that traces historical, cultural, and ecological locations around the US. Here's how to join us:

1. Please fill in our registration form in MS Forms [here](#). Once you've completed the form, you will receive the invitation email from World Walking App within 1-2 working days.
2. Accept our invitation for the Phelan US Centre Walk via email. The invitation email should look like this:



Hi [REDACTED]

**Phelan US Centre Admin invited you to join their group Phelan US Centre: Around USA Walking Challenge on World Walking.**

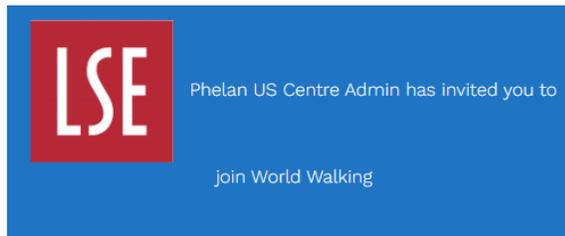
It's a really simple and free way to motivate you to walk more, and to learn about new landmarks along the way.

To accept or ignore the invite, register on World Walking using this email address ([REDACTED]) and visit "My Groups".

[Register Now](#)

Thanks,  
World Walking

3. Click the "Register Now" invitation link (alternatively the email will say "Login Now" if you already have a Walking World account). Your web browser will open and you will be taken to a screen to register for a World Walking account.
  - If you don't have a World Walking account, please create one by filling out the details on the 'Register' tab, as follows:
    - Enter your name, email address, and create a password.
    - Create and confirm your password.
    - Complete the reCAPTCHA if needed
    - Click "Register"



## Register

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To get started, register below and then accept the group invite on your "My Groups" page.

Name

E-mail

You can only register with the same e-mail as your invite. To register with a different address, please ask for another invitation.

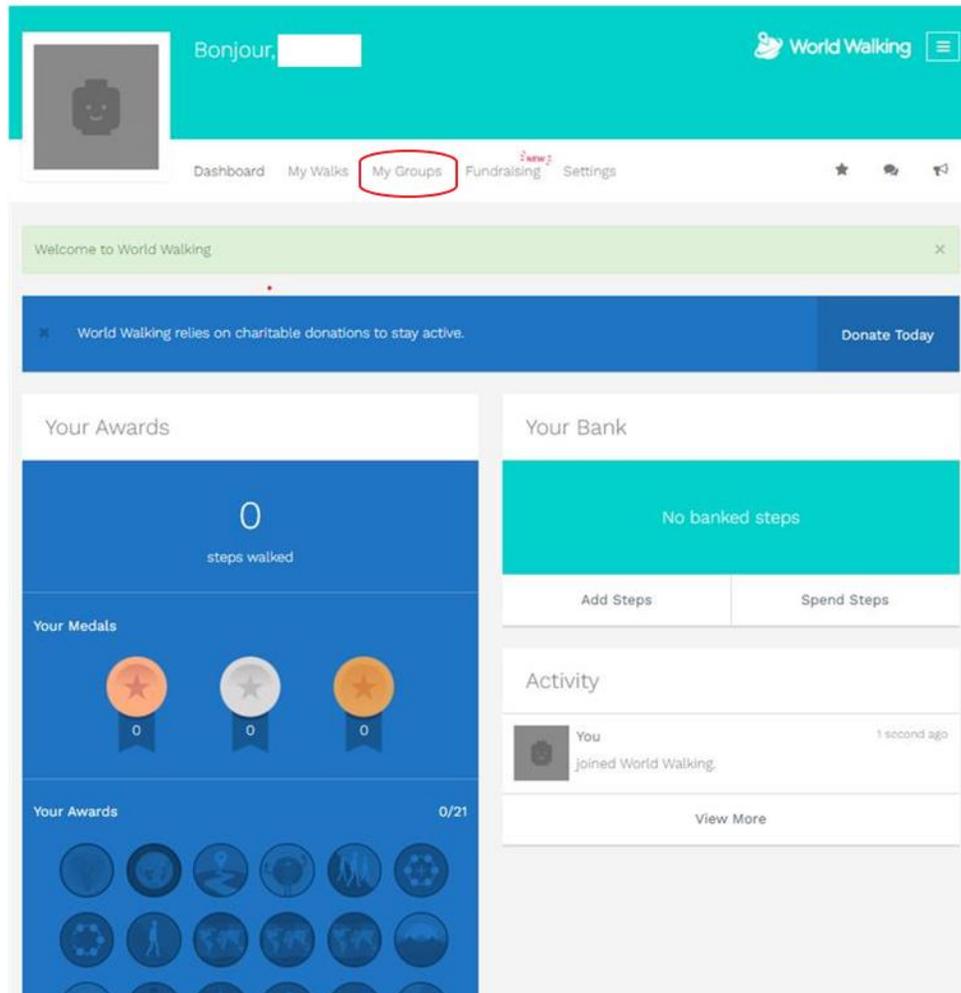
Password

By registering on World Walking you agree to the [Terms of Service](#)

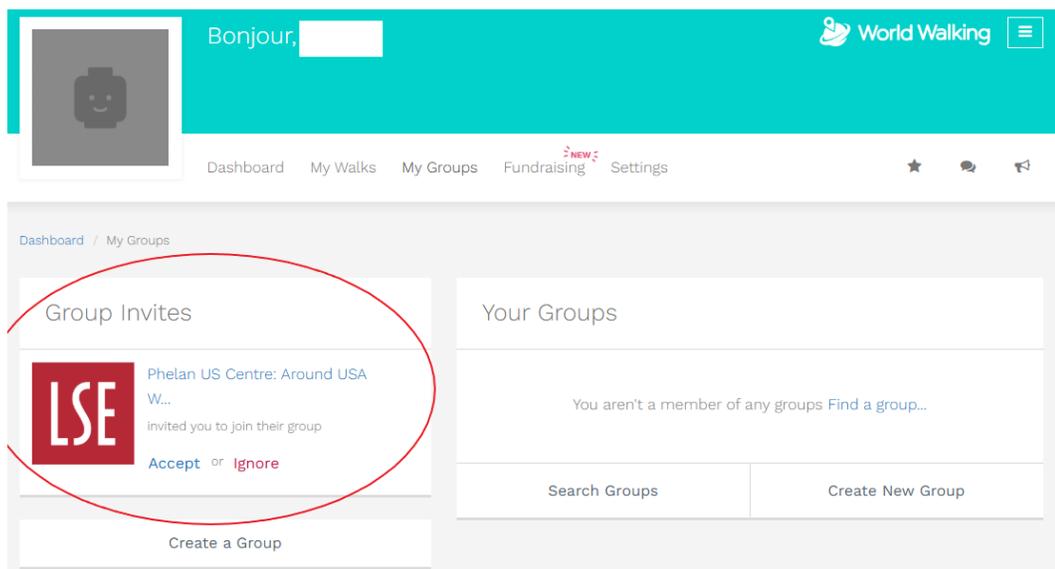
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Register

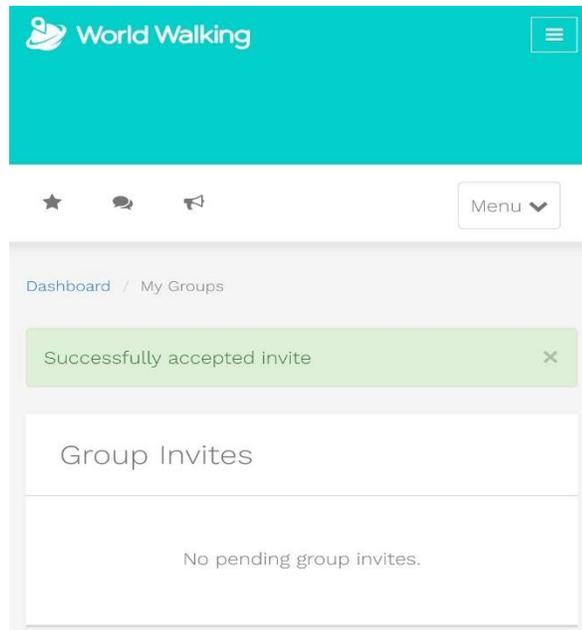
- On the screen that follows, click the tick box and then then "Agree and Continue" to show you consent to the use of your data according to the Privacy Policy.
  - Your account is now ready to use!
4. Once you've registered or logged into the World Walking website, you will taken to your Dashboard, which is the central place on the World Walking website where you can join walks and add steps. In the Dashboard screen, now click on 'My Groups.'



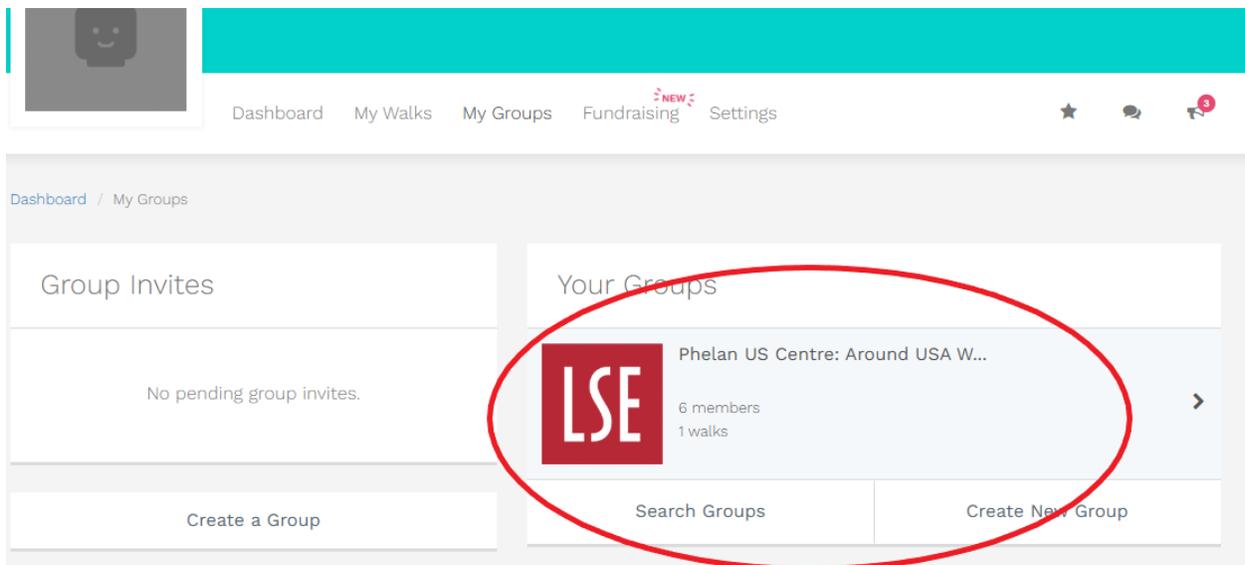
5. On the 'My Groups' page, check the 'Group Invites' tab on the left-hand side. Here you will find an invitation from us to join our Platinum Project virtual walking group for the around the US walk.



6. Click "Accept" to join the group



7. To join our walk, from the World Walking Dashboard, select "My Groups" as before, then click on the group, "Phelan US Centre: Around USA Walking Challenge" (the text may be shortened)



8. On the next screen, click on the "Around the USA" walk



## Phelan US Centre: Around USA Walking Challenge

From London, United Kingdom, Formed 2025

0 Steps

The Group Send Message Group Chat All Walks View Photos

### Our Photos

There are no photos yet. Upload some...

View All

### Our Walks



#### Around the USA

0%

with Phelan US Centre: Around USA W...

Last Updated: 19 hours ago

0 / 21,698,968 steps

Milestone: Philadelphia

9. The next screen will show the "Around the USA" walk page. Click "Join now" to join the walk.

Bonjour, [redacted] World Walking

Dashboard My Walks My Groups Fundraising <sup>NEW</sup> Settings

You are not part of this walk yet.

Join now

Progress

Around the USA

Canada Hudson Bay

10. Congratulations! You are now walking with us around the USA.

## Logging Your Steps

To track your progress on our virtual journey, you can count your steps via an app on your phone and then add them manually via the World Walking website, or you can sync your steps directly with your Fitbit device.

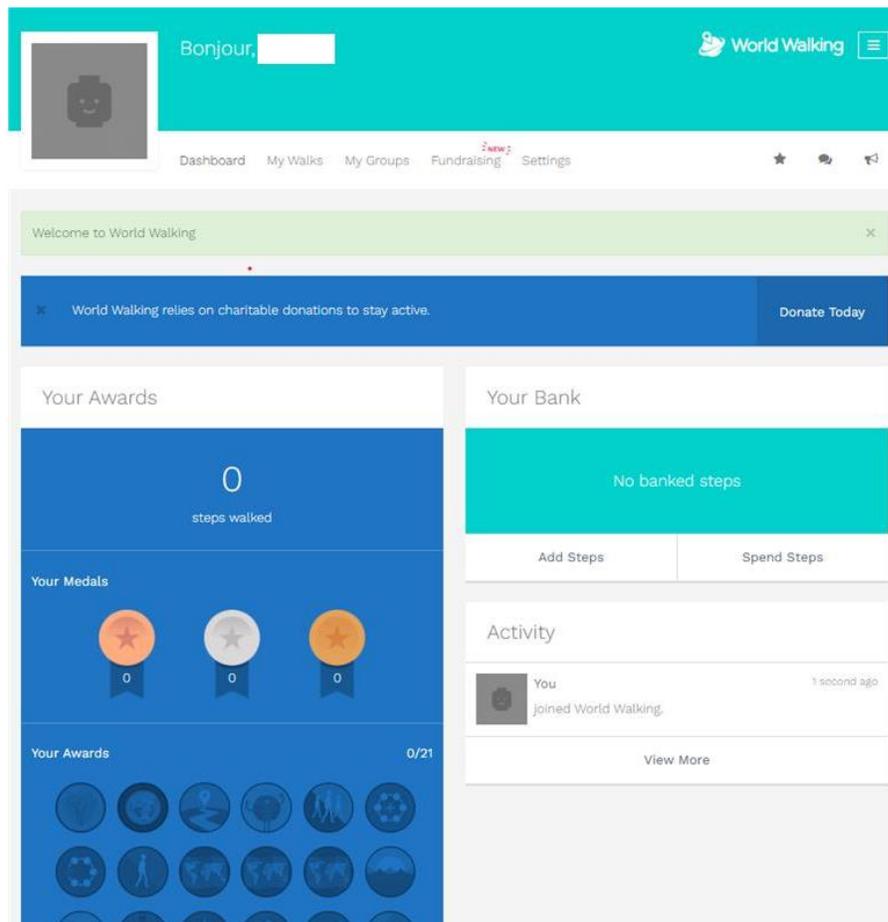
### Android Users

As an Android phone user, you can track your steps using an app like Google Fit or any other pedometer app and then add them manually to the World Walking website. Alternatively, you can sync your Fitbit if you use one.

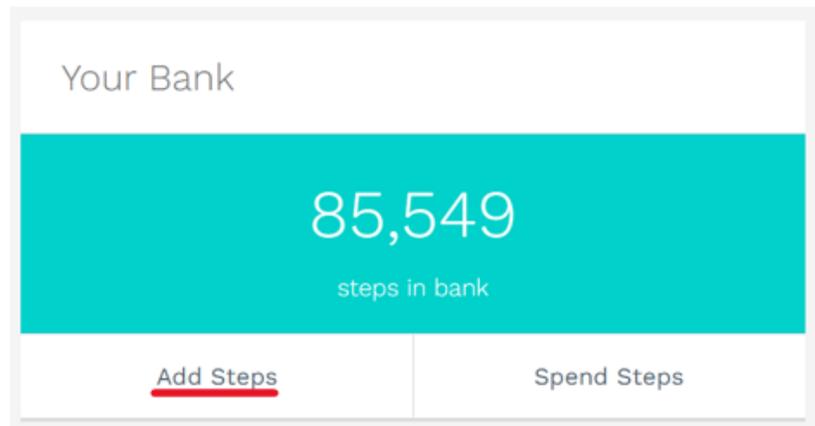
### Adding your steps manually (please note you will need to be logged in to the World Walking website to do this)

1. Login to your World Walking account to access your Dashboard.

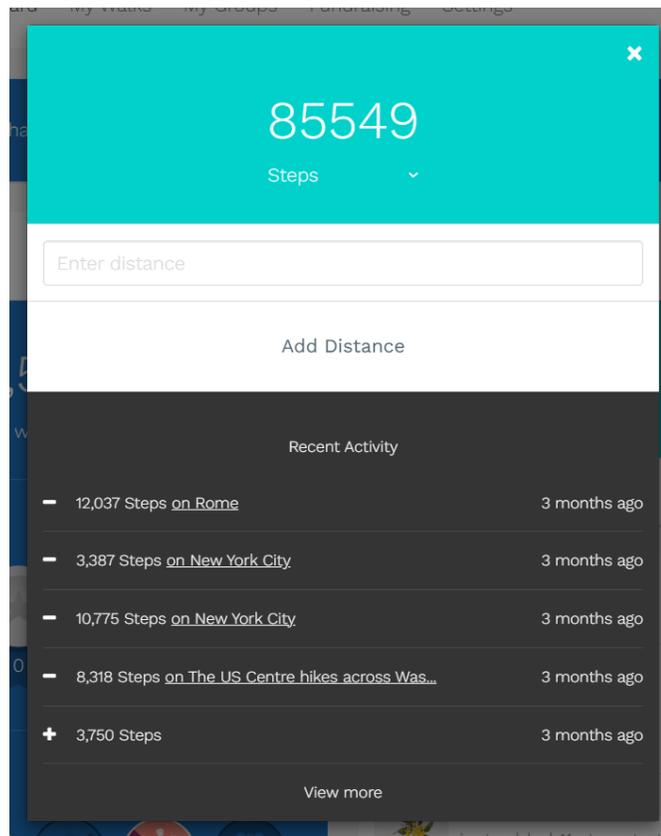
On the right-hand side of the screen, you will see the “Your Bank” section. This is where you can view the number of steps you have banked on the World Walking website and that are available for you to spend on a walk. If you have just registered with World Walking, then “Your Bank” should show zero steps as below:



2. In the “Your Bank” section, click on the “Add Steps” button.



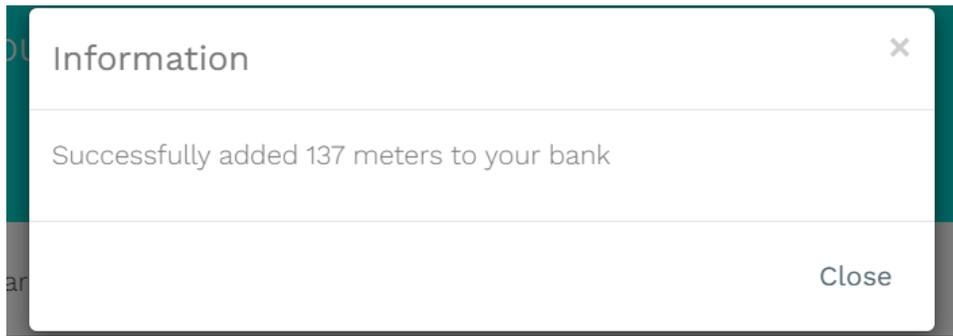
3. Once you click “Add steps” you will see the following box pop up on your screen



4. Here you can log your progress in the form of Steps, Kilometers or Miles.

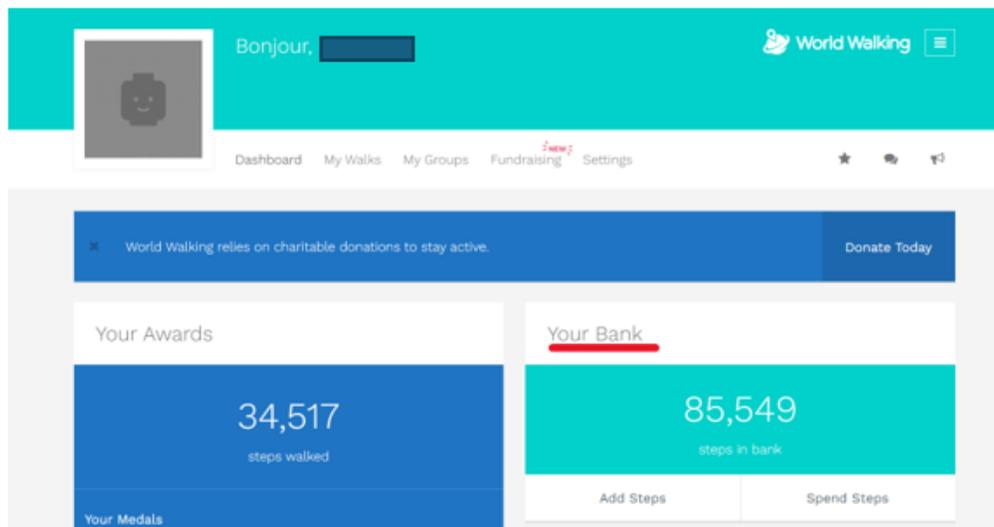
5. Once you have selected the unit of measurement, go ahead and add the number to the white box. Click on Add distance.

6. You have now successfully added steps to your bank.

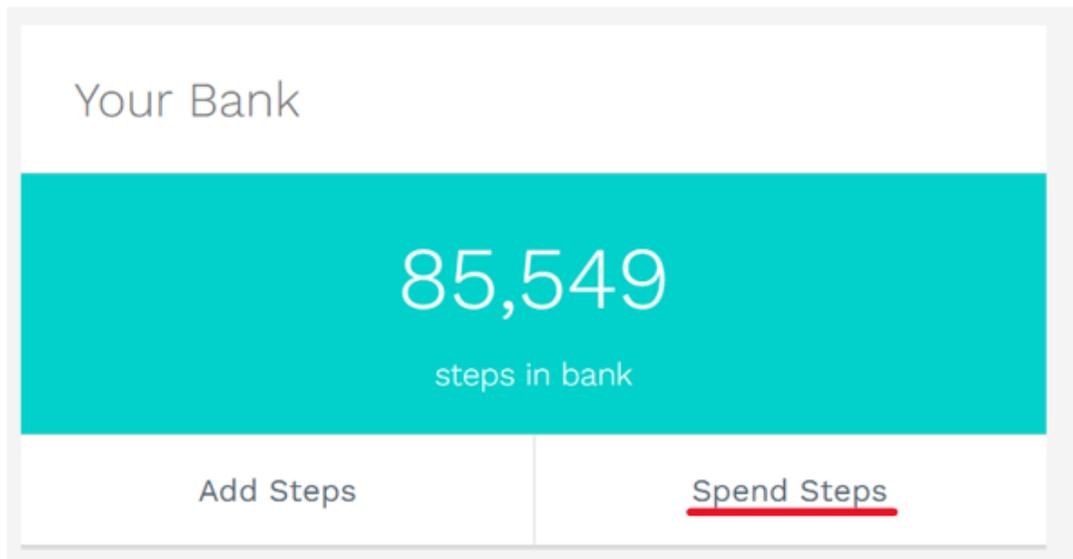


**Spending your steps on the website (please note you will need to be logged in to the World Walking website to do this)**

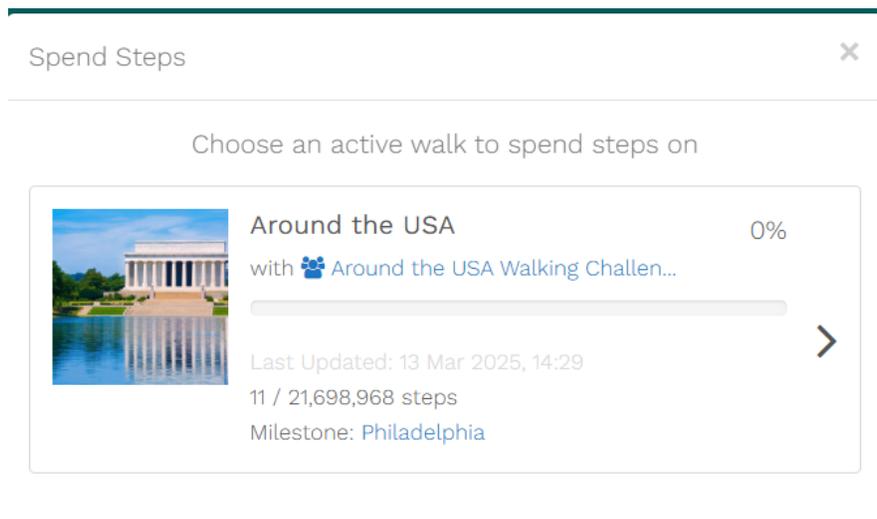
1. To spend the steps you have recorded, please go the “Your Bank” section on the right-hand side of your Dashboard on the World Walking website:



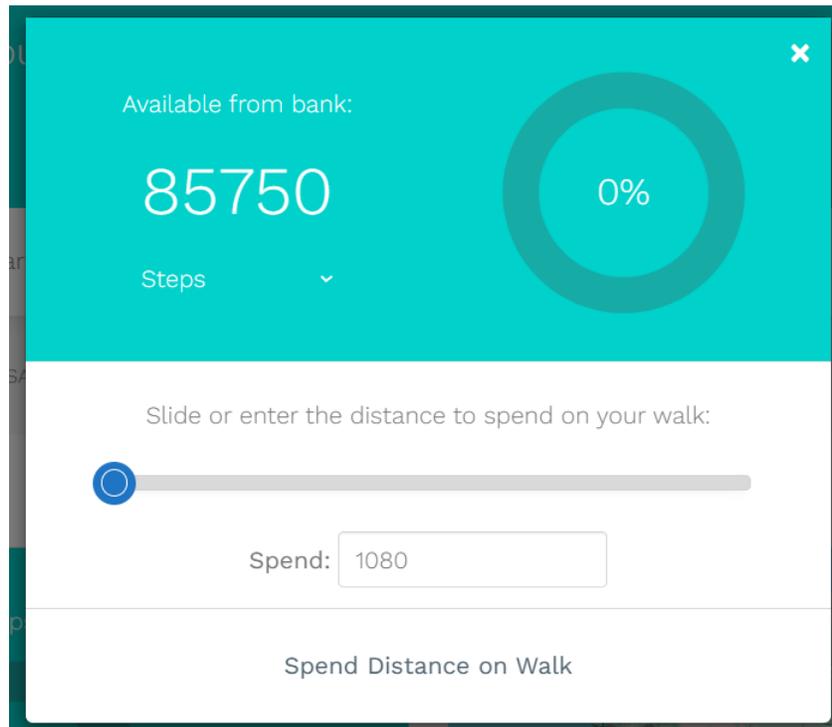
2. In the “Your Bank” Section, click on Spend Steps.



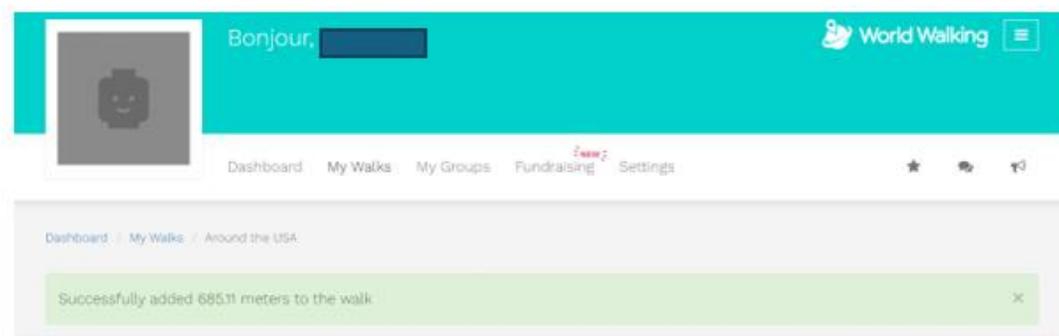
3. Here you will be prompted to spend your steps on an active walk. Select the, "Around the USA" walk to spend your steps.



4. You will be directed to the following pop-up where you can select the steps/distance you want to spend on the selected walk

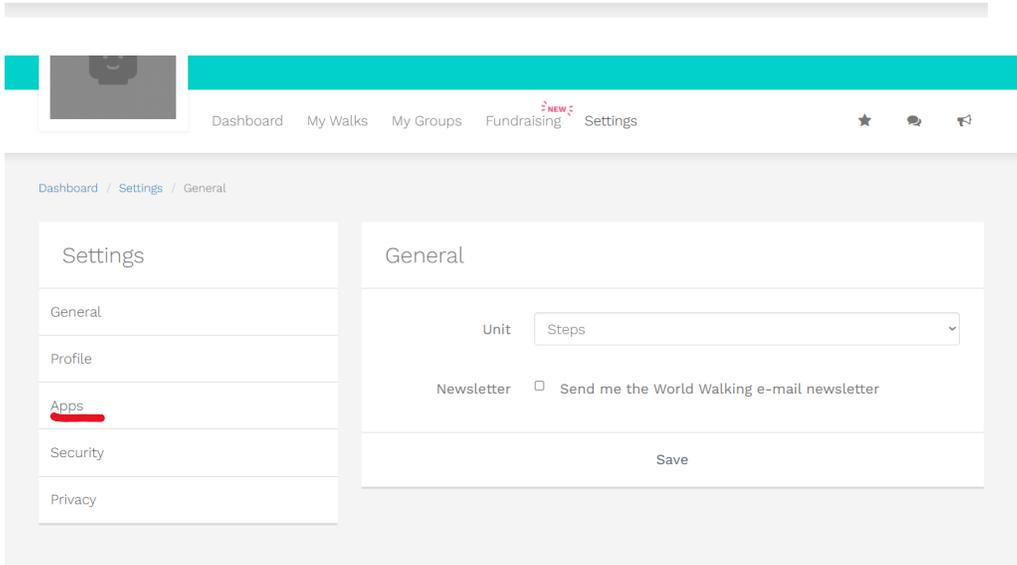
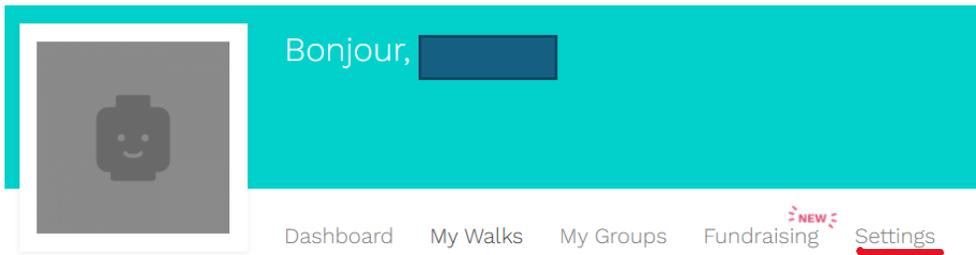


5. Click on “Spend distance on walk” to successfully add steps/distance to the selected walk

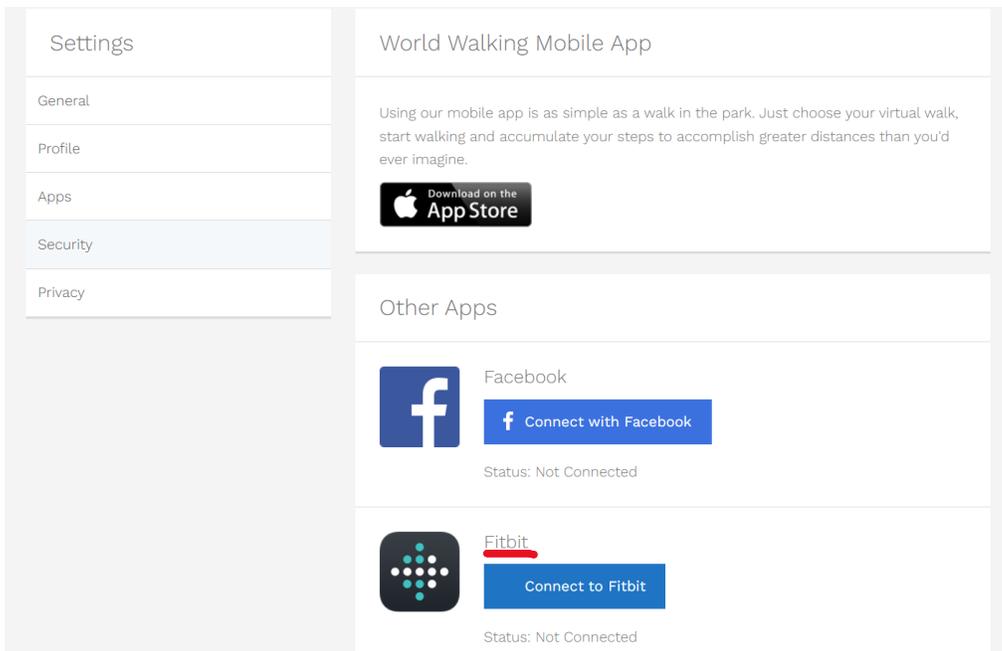


### Syncing your account to your Fitbit

1. To connect your Fitbit device to World Walking via the website, go to your Dashboard and then click on Settings and then click on Apps on the menu that appears.



2. In the Other Apps section you will find a Connect to Fitbit button. Just click it to connect your device with World Walking.



3. When you do that the fitbit.com webpage will open, and you may be asked to log in to your fitbit.com account. Enter your Fitbit.com email address and password then tap "Login". Next, tap "Allow All" to provide World Walking with your activity information, then tap "Allow". You'll be taken back to the World Walking app and your Fitbit steps will sync from then on.

**iPhone users can use the iOS Mobile App for daily step counting:**

1. **Download the App:**
  - For iPhone users, download the World Walking app from the [App Store](#).
2. **Open the App and Register:**
  - Launch the World Walking app on your device.
  - Register with your email address, following the same steps as outlined for the website registration above.
3. **Add your steps:**
  - Click '+' to the step page and click '+' icon to add your steps



Add Steps

Change Unit ▾

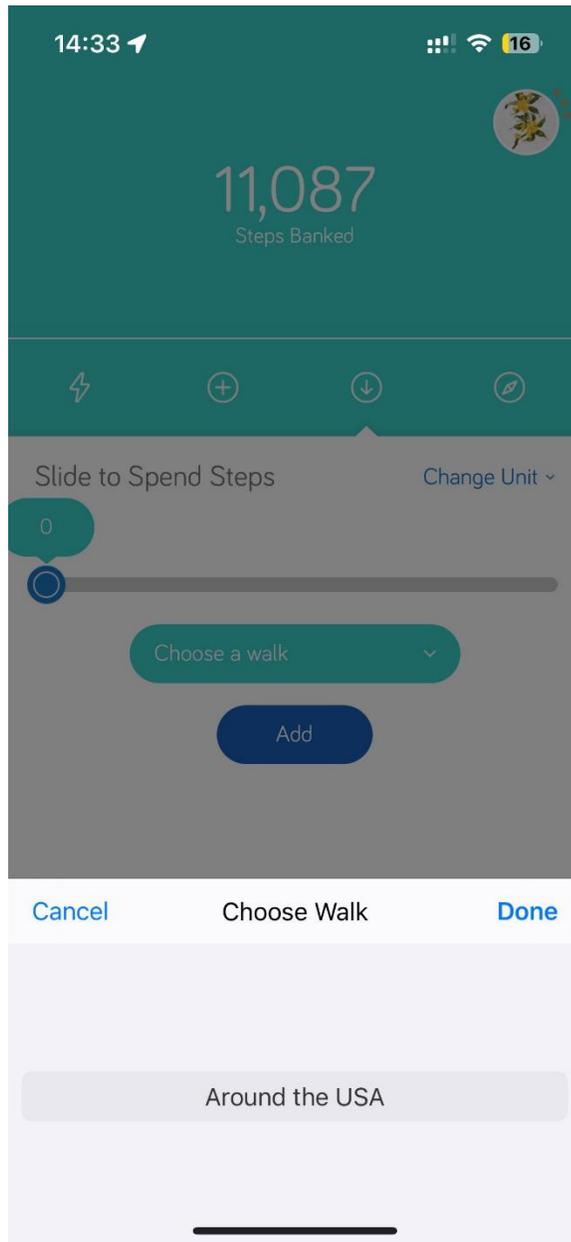
0 Steps

Add



#### 4. Spend your steps on the Walk Challenge:

- Click  to spend your steps.



For more detailed assistance, please refer to World Walking's [Getting Help webpage](#).