

# MAKE THE MOST OF YOUR PREVA EXPERIENCE

Dear SKC Students and Staff

Do you want to track your workouts, see your progress, and achieve your goals? Preva is a fitness tracking app specifically designed to help you reach your fitness goals.

## Create a Preva® Personal Account

You will get so much more from your cardio workout with a Preva personal account. In addition to establishing workout goals and tracking your progress, a Preva personal account makes it easy. Watch the video below to see just how easy it is to create an account in a matter of minutes!

<https://www.precor.com/en-au/resources/coaching-centre/preva-account>

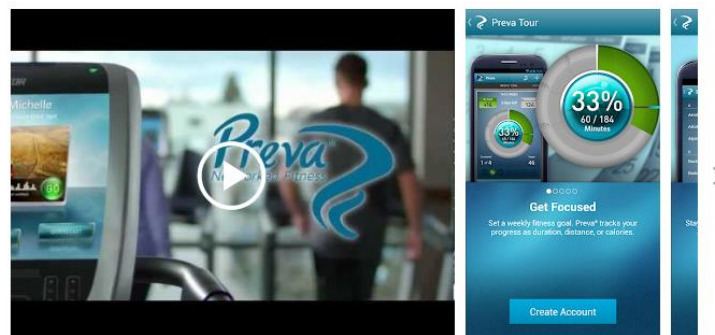
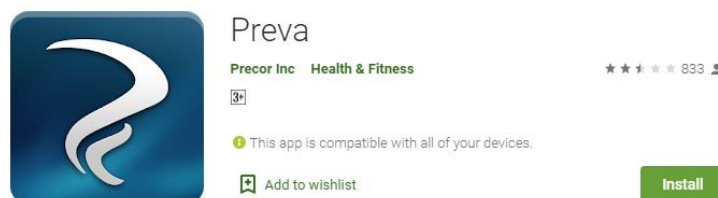
## Use Your Mobile!!!!

Preva Account Sign-in Using Your Mobile Phone. No more typing in your email address and password, or remembering your token, in order to access your Preva personal account. This video shows how to use your mobile phone to sign into your Preva personal account quickly and easily via Bluetooth®.

<https://www.precor.com/en-au/resources/coaching-centre/preva-account>

## Download the APP

The Preva Mobile app is a great way to speed up the log in process. Staff and students can create an account away from the cardio equipment, ready for you to use for your next workout. The mobile app is a great way to keep track of workouts outside your facility so that when exercisers return, they are still on track towards their goals. Download the app at playstore and set up your account today.



Here are just some of the exciting things you can do with the Preva App

**Setting Goals** – It is easy to get started with Preva Mobile app and start working toward your fitness goals. Simply create an account, set a weekly objective for number of workout days and an associated goal for calories, distance or duration. Exercisers that set goals with Preva are proven to work out on average one day more per week than those that don't.

**Logging Activities** – Regardless of the equipment or activity, Preva Mobile allows users to input any activity quickly and easily via the “activity panel” which includes four categories: Cardio Equipment, Sports & Fitness, Strength Equipment and Body Weight Exercises. Select from expansive drop down menus that feature activities such as elliptical, swimming, hiking and more. If you're already on a Preva enabled cardio machine, simply login.

**Tracking Results** – The intuitive interface and fitness compass allow Preva Mobile users to instantly visualise progress against predefined goals. Data is stored in the cloud, so individuals can access information in real-time from anywhere in the world.

**Achieving Rewards** – Built on the principles of gamification, Preva Mobile keeps exercisers motivated with badge achievements. Fun and educational, these one-of-a-kind badges keep users engaged with their fitness goals, and achievements can be shared on leading social media sites like Twitter and Facebook. Gain badges such as “Golden Gate,” rewarded for burning 232 calories, the average equivalent of walking from one side of the Golden Gate Bridge to the other.

[Get started now](#)

We will be launching fitness competitions for all SKC staff and students to compete against each other with.

For example:

1. Most active person (most active days in a term).
2. The King/Queen of Calories, (most calories burned).
3. Go the distance Award (most kilometres covered).

And much more to come, so make a start today!!!!

Kind regards

SKC Fitness Centre