



# Healthy Bodies Bleed Less

**G**etting physically fit doesn't have to take a lot of time or cost a lot of money, but it can make a big difference in how you feel, your overall health, and time & money spent on dealing with a bleed.

Adults aged 18-64 should get at least 2 hours and 30 minutes (150 minutes) of moderate intensity physical exercise each week. That's just over 20 minutes a day and can even be completed 10 minutes at a time. Children need at least one hour of physical activity each day.

HFA's FitFactor program supports good health and quality of life. We strive to strengthen the bleeding disorders community by increasing motivation and influencing lifestyle choices, especially related to physical activity and diet. Our goal: to motivate individuals and families to achieve and maintain a healthy weight and lifestyle through engaging in regular moderate physical activity and proper nutrition.



## BE INVOLVED

HFA's FitFactor tools and resources provide many opportunities and services that assist community members in learning about and engaging in healthy behaviors.

There are many ways and opportunities for you to get involved:

- Visit our website to view weekly educational web posts
- Attend one of our educational sessions at local member organizations across the country
- View our motivational and instructional exercise videos
- Register for the Gears for Good bike rides to benefit HFA's Helping Hands program
- Download and use our FREE Get in Gear mobile app

Please visit us at:

[www.hemophiliafed.org/programs/fitfactor/](http://www.hemophiliafed.org/programs/fitfactor/)

*\*As with any new activity, or if you are having joint or bleeding problems, make sure you check with your physician or physical therapist to be sure you are ready to get started.*

## Make 2016 Your Year to Get in Gear



HFA recently launched an update to our wildly popular Get in Gear app! Get in Gear version 3.3 is now available for download in both the iTunes store and Google Play store. This FREE mobile app helps track fitness activities while raising awareness and funds for the bleeding disorder community.



## Download the app & check it out!!

The app has a fresh, updated look and new useful features, which our users asked for, including:

- **User based account**—view and use your account from multiple devices, multiple users on a single device. Each user has their own unique account which is portable between devices.
- Track **speed, weight, and calories burned.**
- Track and log **pain/bleeds** experienced with an activity for better communication with your provider.
- Record your **pain** level using the **Wong-Baker FACES® Pain Rating Scale**

## In addition to the easy-to-use original features which include:

- Track duration and/or distance of fitness activities (with the option to submit fitness activities manually after an activity ended)
- Listen to your favorite music playlist as you work out
- Keep an ongoing history log of all of your fitness activities
- Receive encouraging achievements as you reach important fitness milestones
- Share your fitness activities & achievements with your friends on Facebook
- Access important health news, videos, and information on exercise, nutrition, recipes and wellness topics
- Learn more about Hemophilia, von Willebrand Disease, and HFA's charity work
- Each time you use this app, you support HFA's charity programs and services

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# GET IN GEAR BY THE NUMBERS

*\* statistics since June 2012*

.878 trips to the moon!

3,731,742 minutes logged

209,750 miles logged

24,057 downloads

But don't take our word for it, here's what some of our users are saying about the app:

“  
**THIS APP SEEMS TO DO EVERYTHING.**

I can track my walks, but I can also use it to track other activities such as biking or playing on the Kinect. I really like how the achievements reward me for doing the workouts. It is really encouraging!

”  
- Matthew L.

“  
The Get in Gear app has motivated me to maintain working out and improved my quality of life.  
**NICE JOB!**

”  
- Benjamin W.

“

I have been using Get in Gear for 15 months. I record every workout into the app. This helps me stay focused and motivates me to get to the gym every day.

**GET IT IN GEAR AND DOWNLOAD THE APP TODAY.**

”

- Chris R.



What are you waiting for? Download the app today and see how easy it is to make 2016 your year to Get in Gear!

[www.getingearapp.com](http://www.getingearapp.com)

