

SUPER LOVING, EXTRA CARING STEPS FOR ELDERS

MILES OF SMILES

STARTER GUIDE

STEP 1

CHOOSE YOUR CATEGORY

Go Solo or Go Together



Walk/Run/Hike
100km

Cycle
300km

STEP 2

LIVEN UP YOUR PROFILE

- Log in to your account on the site
- ↓
- Head to your profile add a photo, a tagline, and let the fun begin!

STEP 3

SYNC TO STRAVA

Seamlessly clock your miles by connecting your account to the fitness-tracking app, Strava

Check out **"Step-by-Step Guide"** on the site for instructions on how to log your distance!

STEP 4

SPREAD THE WORD

Tap on our publicity materials **"Fundraising Resources"** on the site to get friends and family hyped

Every 10% of the journey unlocks a mystery e-badge
Show off your achievements on Facebook or Instagram!
[#SLECMilesOfSmiles](#)

STEP 5

CREATE NEW MEMORIES

Capture and upload your favourite memories of your SLEC Miles of Smiles journey to our photo wall!



SIGN UP NOW!

BEGIN YOUR JOURNEY NOW!



milesOfSmiles.slec.org.sg/signup