



# 1-31 May

## Register NOW!

### What is Walk Your AS Off?

It's a free virtual walking event for people around the world to raise awareness of **axial spondyloarthritis (axSpA)**. You can set your own personal goal – it can be 50m or 10km per day – the challenge is about moving each day during May.

### How do I register?

Go to [walkyourasoff.com](http://walkyourasoff.com) and click Sign Up. **Watch** our tutorial for a step by step guide, including how to join a team.

### How do I join or create a team?

You can join and create your team once you've **registered**. Our tutorials walk you through the process of joining and **creating** a team. Teams can be any size and you can walk together locally or be spread around the world. Lots of dogs join teams too! Many people find it helps to be part of a team, but you can participate as an individual.

### How do I log my steps?

Log in to the [website](http://walkyourasoff.com) and click 'Log steps' on your profile page.

### Who can participate?

Anyone can participate, whether living with axSpA or not. Walk Your AS Off is a great way to speak with people about your condition and encourage friends and family to support our awareness efforts in a fun and healthy way.

### Does other exercise count?

Yes! You can convert any form of movement into a step count. Swimming, cycling, yoga, gardening, wheelchair miles and even housework can count towards your daily goal! Check out our [step converter](#).

### Questions?

Drop us an [email](#), we're with you every step of the way!

### Why should I participate?

- Walking is good for you!
- It's free
- You can set your own personal goal
- You can participate when, where and with whoever you want during May
- And - you will help raise awareness of axSpA – so what have you got to lose?

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

