

MOVE WORK ASIDE

**MOVE FOR
A CURE**



Spin, Sweat or Stretch to defeat diabetes

How to Virtually Ride with Your Teammates

This year, the Sun Life Ride to Defeat Diabetes for JDRF will be hosted on our brand new interactive and immersive Virtual Ride Environment. Within the Environment, you will participate in your Spin, Sweat or Stretch session, interact with our partners and even text chat with your Team. If you would like to see your Teammates, we encourage you to set up a coinciding video meeting through a platform of your choice.

Step 1: Pick your preferred video conferencing platform to set up a call with your Teammates at the same time as your Team's selected Ride hour, set up a team video meeting and invite your Team Members. If your ride time is 10:30am, set your meeting for 10:15am and ask your Team to join you in the Virtual Ride Environment to text chat as you explore before starting your Spin, Sweat or Stretch session starts. You can even win some cool prizes just by exploring and visiting some of the booths!

Suggestions:

- Microsoft Teams
- Zoom
- WebEx
- Skype

Some may need to download the app if using a personal cell phone or tablet.

Step 2: On October 7th, join the Ride by clicking on the link provided by JDRF via email or at jdrfride.ca. If using your computer, you will be able to join the Ride without downloading anything. For more information about our Virtual Ride Environment, [CLICK HERE](#).

Step 3: Get social and have fun! Take a screenshot of your team participating together and post to your LinkedIn using #SunLifeRide #JDRFRide