

The **WELNET® Brain and Body Boosts** provides teachers with the ability to weave technology into the General Educations Classrooms and Physical Education Program by utilizing a variety of ways including delivering essential concepts in fitness and health to students.

To access the **Brain and Body Boosts** you will need to log into our web-based software WELNET®.

1. Go to www.focusedfitness.org
2. Click blue LOGIN flag
3. ***Please do not share your login information. Sharing usernames and passwords can result in the removal of your account.***
 - a. Username: your first name initial and last name (no spaces, no caps)
 - b. Password: was sent to your Highline Schools email address. IF NOT logged in yet, you could click *Forgot Password!* This action will send you a Password.

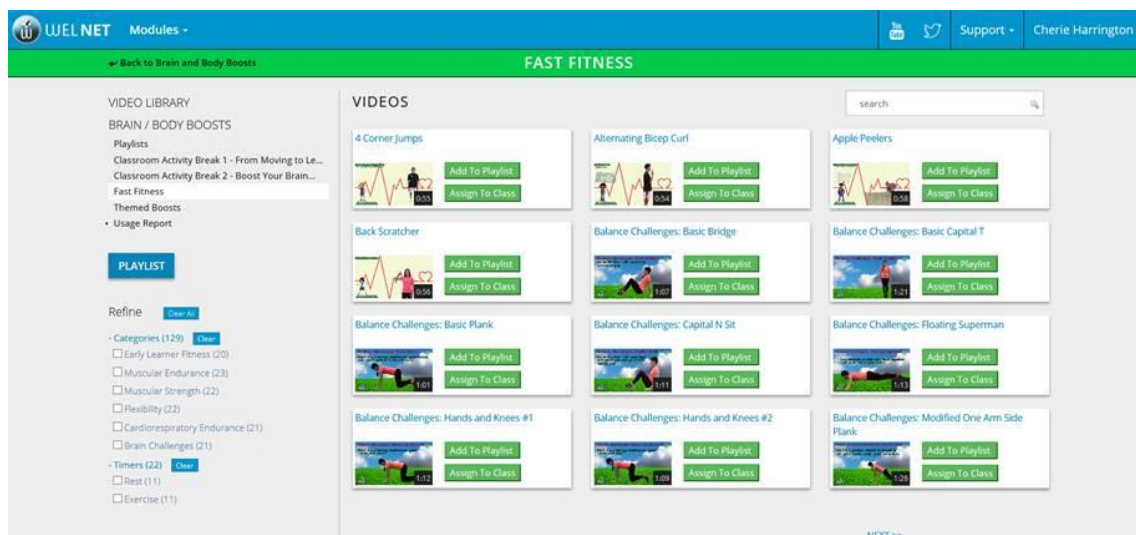
PLEASE SAVE THIS INFORMATION AND THE DIRECTIONS, BELOW!

Directions for accessing Brain / Body Boosts, Creating Playlists and Playing Playlists

1. Login to WELNET at www.focusedfitness.org using the login and password provided.
2. Click on **Brain and Body Boosts** tile and *select* a video category,



3. Search for videos using the search bar or by selecting one of the categories on the left side. I.E. If you choose FAST FITNESS, your screen will look like:



4. TO view the Video, click on the video pic. The number in the black box is the length of time for the entire video
5. TO add video to Playlist OR create a Playlist, click **Add To Playlist** on the video you want to include
6. You will see a popup window

Add video to play list.

Select playlist to add *FAB 5 Components of Fitness* to

Create new list ▾

Enter new playlist name.

Save Cancel

7. Enter in the name for the playlist
8. Click the Save button
9. Click the **PLAYLIST** button on the left middle of screen to edit ORDER OF VIDEOS, set WORK TIMES & set TRANSITION TIMES and to PREPARE final Playlist(s).
 - a. Click Pencil to Edit

LUEL.NET Modules -

PLAYLISTS

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VIDEO LIBRARY

BRAIN / BODY BOOSTS

Playlists

Classroom Activity Break 1 - From Moving to Learning

Classroom Activity Break 2 - Boost Your Brain Moves

Fast Fitness

Themed Boosts

Usage Report

YOUR PLAYLISTS

Staff Wellness (5)

Cliff is Awesome! (1)

SPS 3.25.16 (6)

Vicki is a ROCK STAR (6)

Back scratcher 2 (1)

Teaching 5 components of Fitness (4)

Default playlist (3)

Please reach out if have questions OR would like help: support@focusedfitness.org 509-327-3181 press 2.