



Sollus Presents: Pinterest 101

Haven't Signed Up Yet Or Unsure How to Proceed?
Here's how to get started:



1. **Sign up** (easiest through Facebook but you can also use your email address) Select your username and password and get going!
2. **Choose 5 interests** (make sure and select food and fitness!) Scroll the list on the right and click *Follow* to Boards where you see pictures that seem of interest to you. Don't worry, you can always unfollow later if you change your mind.
3. **Take a look around!** You will begin on the Home Feed. These are the Pins from Boards that you may have chosen to follow, along with pins that fit your interests. Type "Sollus" in the Search box and click Follow on [sollus: fit life](#) to follow our boards!
4. **Pin things you like.** Move your mouse over the pictures. See the red **Pin It** box that shows up in the corner? Click it when you see something you like.
5. **Repin a Pin.** Here is where you Pin something to your personal page. Your pins will be organized in Boards (see definition below) which you will create.
6. **Create a Board.** Type in the name of your board and add any notes on the Pin in the description that you feel would be relevant to you when you revisit it.
7. **Repeat!** Continue the process of Pinning to existing boards or new boards. (scroll through your Board list and select appropriately before you Pin)



click me!

LINGO:

Pin: an image of something that exists on a web site. It may exist as a recipe on a food blog, a workout routine, a cute dress or travel destination. It all depends on what interests you have selected as Pinterest will cater to that and introduce you to new boards within the same genre.

Board: A collection of pins that fit a theme. Perhaps it's chicken, or DIY ideas, or holidays. You can create endless boards on your personal page.

The path of the Pin (and how to check if its worthy of Pinning).

From your main page (called the Home Feed, Pins exist as pictures with some supportive information (Example: Shallot and Grapefruit Dressing) and activity. The activity lists people who have pinned it and which of their boards they pinned to.

Click on the Picture

If you click on the picture it will open a window that shows a larger scale image of the pin and possibly some additional information (sometimes a grocery list for recipes). Click again to be taken directly to the source. This will either be the food blog, web site or online store the Pins originated from. Once you are finished reviewing the page, you can close the window and proceed to Pin the recipe or click outside the large box to return to the Home Feed.