



NEW MEXICO

MONUMENTAL DASH

May 11 – June 21

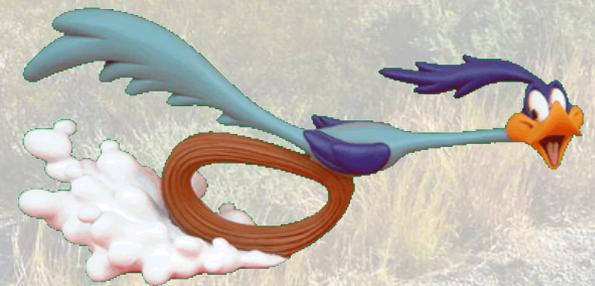
Celebration
July 15, 2015



WHAT was the Goal?

To virtually visit 11 National Monuments in 6-weeks by logging an average of 4,000 step equivalents per day from exercise.

Participant must have an individual total of 167,550+ steps at the end of the challenge.



National Monuments Milestones

Stop Location

- Santa Fe (START)
- Bandelier (Los Alamos)
- Aztec Ruins (Aztec)
- Capulin Volcano (Capulin)
- Fort Union (Watrous)
- Salinas Pueblo Missions (Mountainair)
- White Sands (Alamogordo)
- Gila Cliff Dwellings (Silver City)
- El Morro (Ramah)
- El Malpais (Grants)
- Petroglyph (Albuquerque / FINISH)

Step Equivalents

0
3,203
22,957
59,402
73,089
92,034
112,460
131,549
152,012
165,227
167,550



WHO participated?

Entity	# of Employees	# of Spouses/Domestic Partners	# of Youth	Total
Albuquerque Housing Authority	9	1	0	10
City of Albuquerque	242	38	45	325
City of Belen	6	0	0	6
Sandoval County	11	2	0	13
Southern Sandoval County Arroyo Flood Control	9	0	1	10
Water Authority	27	3	5	35
Mixed	30	4	1	35
TOTALS (% of total Dash participants)	334 (77%)	48 (11%)	52 (12%)	434

How many teams?

Entity	Number of Teams	Number of Users on Team
Albuquerque Housing Authority	2	10
City of Albuquerque	76	325
City of Belen	2	6
Sandoval County	2	13
Southern Sandoval County Arroyo Flood Control	1	10
Water Authority	7	35
Mixed	5	35
TOTALS	93	434

WHAT is the prize?

Individuals who cross the finish line at the end of the six-week challenge with 167,550 or more steps receive a **\$25 Big 5 Gift Card!**



Top 30 Youth Winners also receive a Lunch Bag!



Top 8 Ranked Teams receives a Better Health Coaster!



212 Winners!



Entity	# of Participants	Total Number of Steps
Albuquerque Housing Authority	4	1,269,580
City of Albuquerque	174	57,557,439
City of Belen	2	421,979
Sandoval County	8	2,541,181
Southern Sandoval County Arroyo Flood Control Authority	5	1,260,233
Water Authority	19	9,278,061

212 out of 434 participants completed the challenge = 49%



Great
Job!
😊

30 Youth Winners



Entity	Team Name	Name	Total Steps
Water Authority	Walking Rael's	Steven Jr.	1,021,577
City of ABQ	Hi Ho Silver	Jaydon Silver	596,978
City of ABQ	Family Moves	Samantha Garza	580,351
City of ABQ	Team Pino	Melanie Pino	521,120
City of ABQ	Run Baby Run	Dezaray Dubriel	466,357
City of ABQ	Run Baby Run	Aubriana Romero	406,210
City of ABQ	Reyes	Philip Reyes	402,836
City of ABQ	Ninja 505	Anthony Owens	369,454
City of ABQ	Lucero Heroes	Nicholas Lucero	358,485
City of ABQ	Hi Ho Silver	Casey Silver	352,045

Great
Job!
😊

30 Youth Winners



Entity	Team Name	Name	Total Steps
City of ABQ	Run Baby Run	Esperanza Rios	342,002
City of ABQ	Hi Ho Silver	Kennedy Silver	340,046
Southern Sandoval CAFCA	Fiscally Fit	Kelly Casaus	336,225
City of ABQ	Hi Ho Silver	Brenna Silver	331,047
City of ABQ	Hi Ho Silver	Valerie Silver	331,047
City of ABQ	Team Pino	Grace Pino	273,620
City of ABQ	311 just do it	Natalie Sanchez	270,608
City of ABQ	Mora Mayhem	Nicholas Mora	258,057
City of ABQ	Ladybugs, Aspens and Contracts	Sarah Bishop	247,650
City of ABQ	Mora Mayhem	Marissa Mora	237,213

Great
Job!
😊

30 Youth Winners



Entity	Team Name	Name	Total Steps
City of ABQ	Albuquerque Hippo's	Glenn Sena	218,416
City of ABQ	Warriors	Celeste Sandoval	215,875
City of ABQ	Warriors	Jude Jr.	210,653
City of ABQ	Albuquerque Hippo's	Amanda Sena	185,884
City of ABQ	Albuquerque Hippo's	Allissa Sena	181,161
City of ABQ	Reyes	Michael Ortega	175,025
City of ABQ	Ninja 505	Aspen Owens	174,489
City of ABQ	Reyes	Joseph Ortega	170,401
City of ABQ	Reyes	Georgette Ortega	169,797
City of ABQ	Roar-a-saurus	Christian Lopez	168,652



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The Land of Enchantment

TOP TEAMS

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Top 8 Teams



Team Name	# of Participants	Final Team Score
R and R	2	721,138
The Hackers	5	710,584
Planning	3	583,371
B & B Enterprises	2	562,886
The Mad Dashers	3	554,085
Sky Dashers	7	543,150
S.W.A.T.T.	2	489,595
Library Circ Staff	4	476,459



Top 8 Ranked Team Winners!

R and R

(City of Albuquerque)

Royal Drews

Rebecca Stansifer



Top 8 Ranked Team Winners!

The Hackers

(Water Authority)

Cody Stinson

Tim Chavez

Bianca Nunez

Trina Hill

Rebecca Baca

congratulations!

Top 8 Ranked Team Winners!

Planning

(City of Albuquerque)

Chris Hyer

Debbie Dombroski

Linda Rumpf


Congratulations!

Top 8 Ranked Team Winners

B & B Enterprises

(City of Albuquerque)

Ted Casey

Angie Davies

congratulations!



Top 8 Ranked Team Winners!

The Mad Dashers

(City of Albuquerque)

Valerie Hermanson

Maida Rubin

Tara Cok



Top 8 Ranked Team Winners!

Sky Dashers

(City of Albuquerque)

Andrew Daffern

Paul Olson

Holly Huffines

Ken Ziegler

Paul Smith

Sara Howard

Isreal Tavarez



Top 8 Ranked Team Winners!

S.W.A.T.T.

(City of Albuquerque)

James Fox

Yvonne Fox

Congratulations!

Top 8 Ranked Team Winners!

Library Circ Staff

(City of Albuquerque)

Michael Smith

Andrew Gee

Taylor Goodrich

Christopher Sherman





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USER SURVEY RESULTS

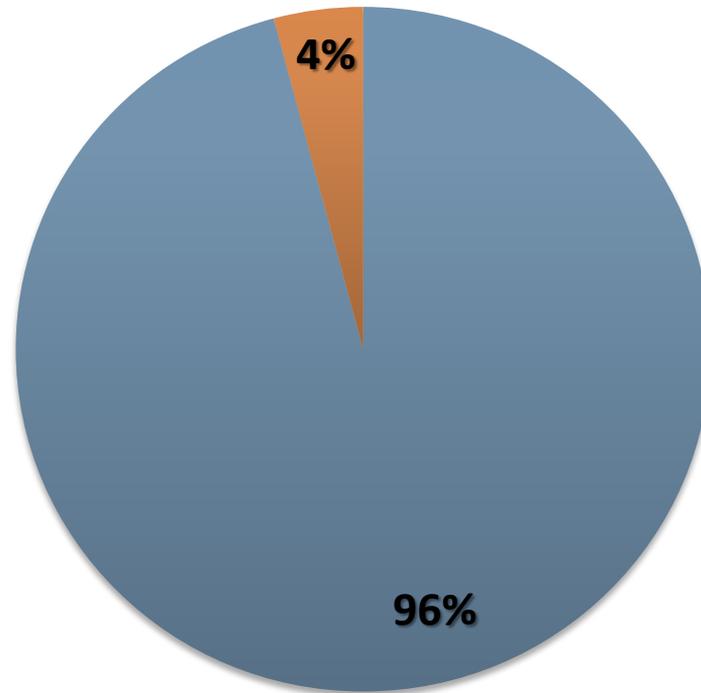
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User Survey Stats

- Employees = **195**
- Spouse/Domestic Partner = **22**
- Youth = **24**
- Total number of users completing survey = **241**

Was the challenge easy to understand?

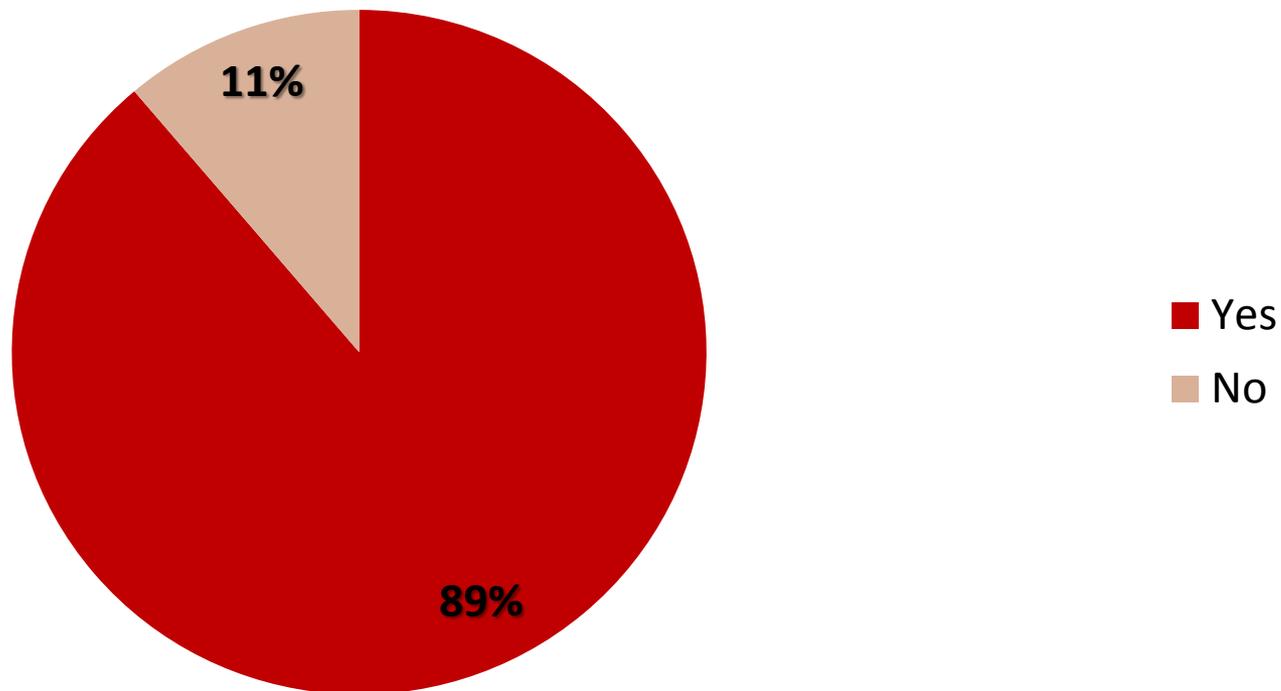
Q. #1



■ Yes
■ No

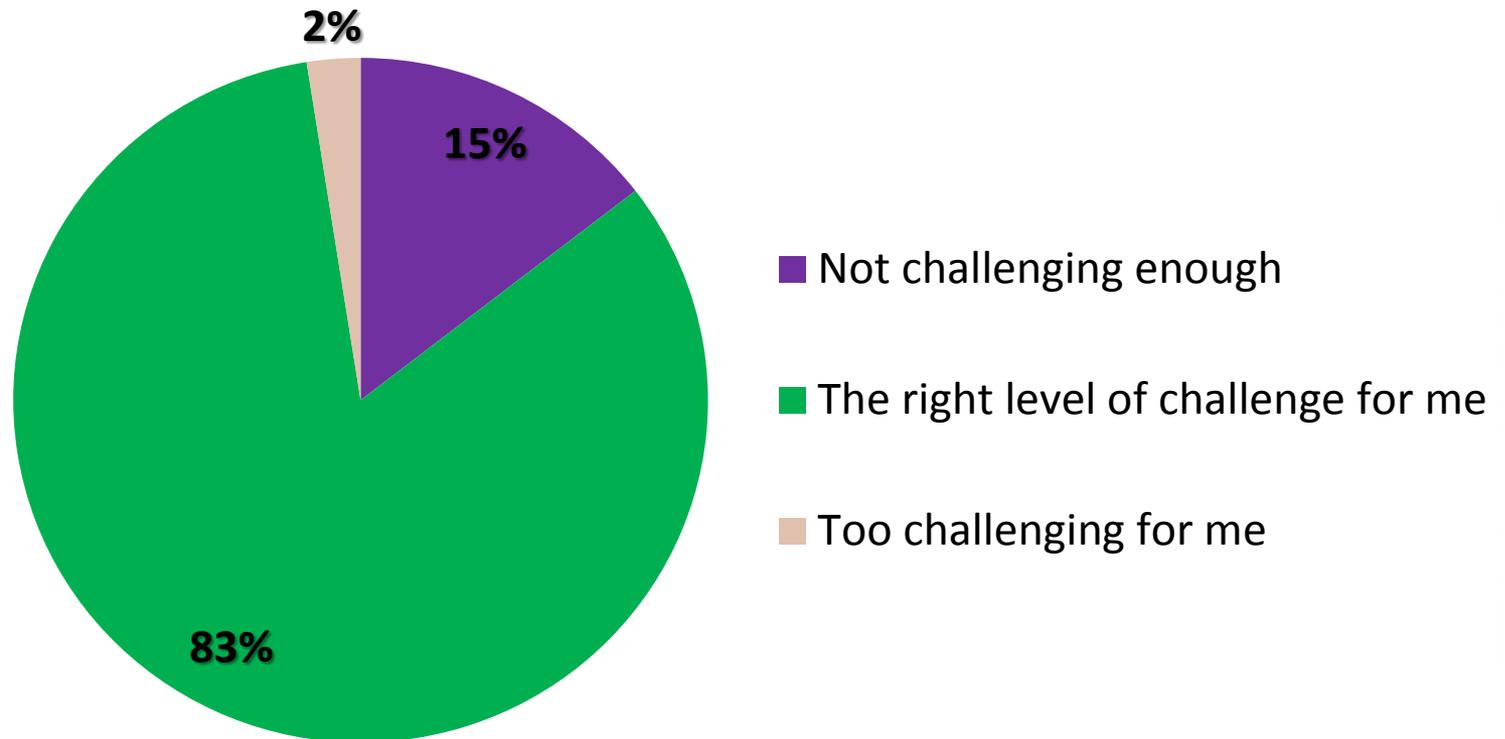
Was the challenge website easy to utilize?

Q. #2



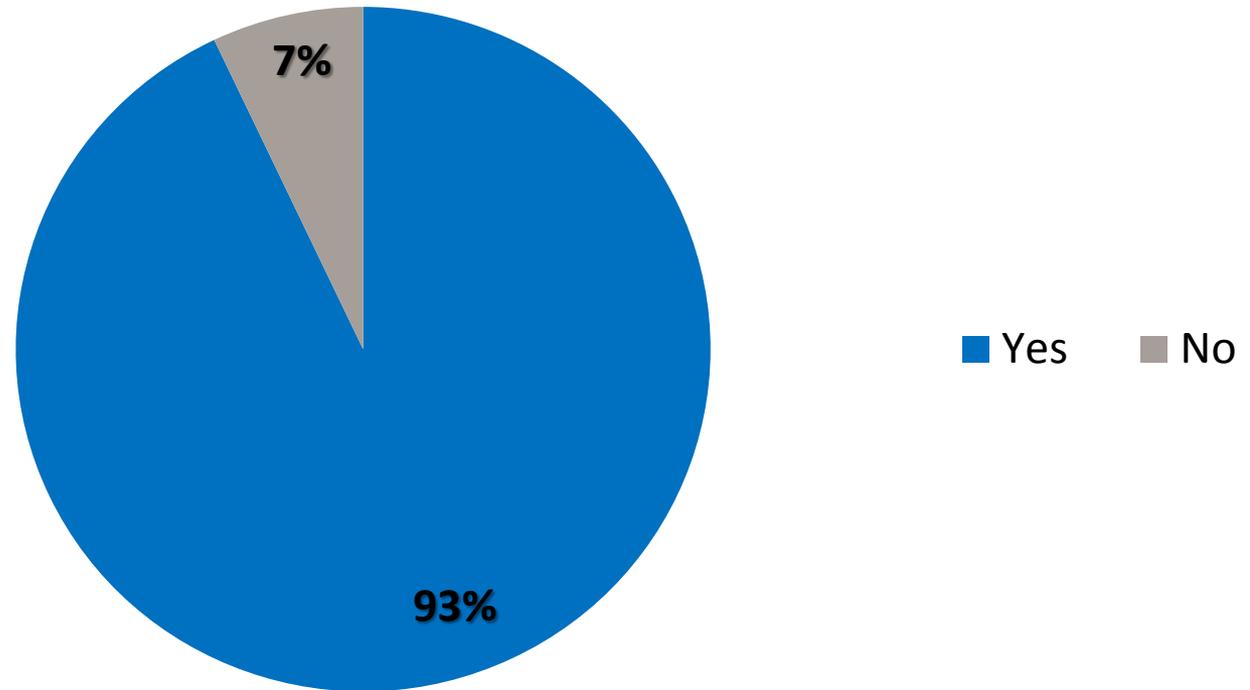
I found this wellness challenge to be?

Q. #3



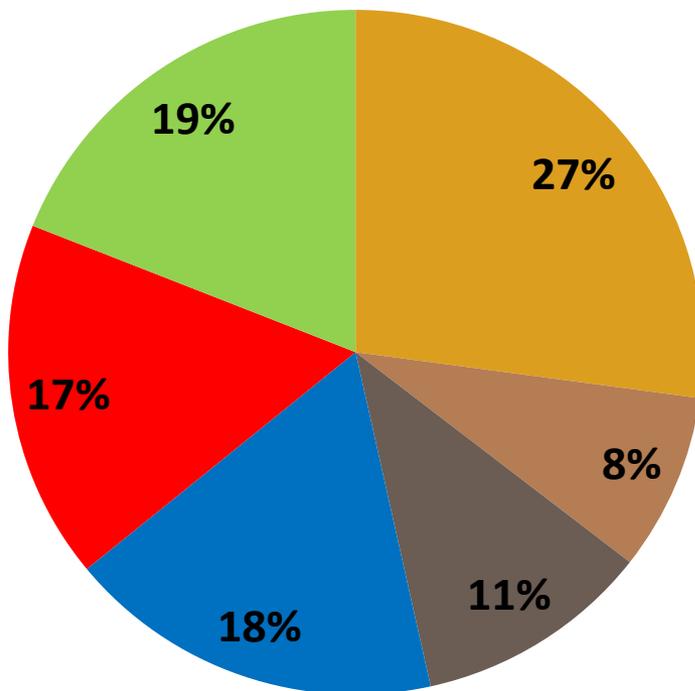
If the challenge was offered again would you recommend it to a coworker or friend?

Q. #3



I received these benefits from my participation in this challenge.

Q. #5



■ It was fun for me

■ I learned new things about my health

■ I'm thinking more about changing one or more of my health habits

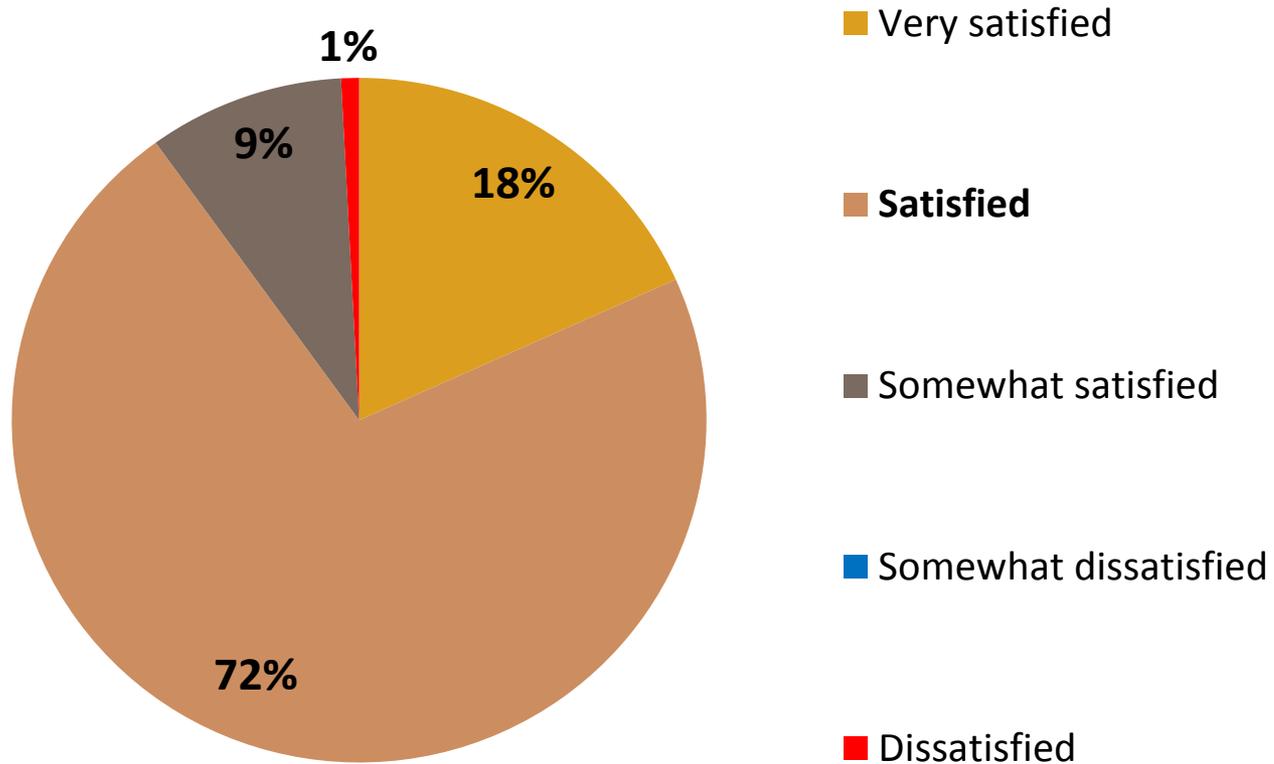
■ I am continuing to improve a health habit that I began during the challenge

■ It reinforced that my health habits are good and I should continue them

■ I enjoyed participating with coworkers

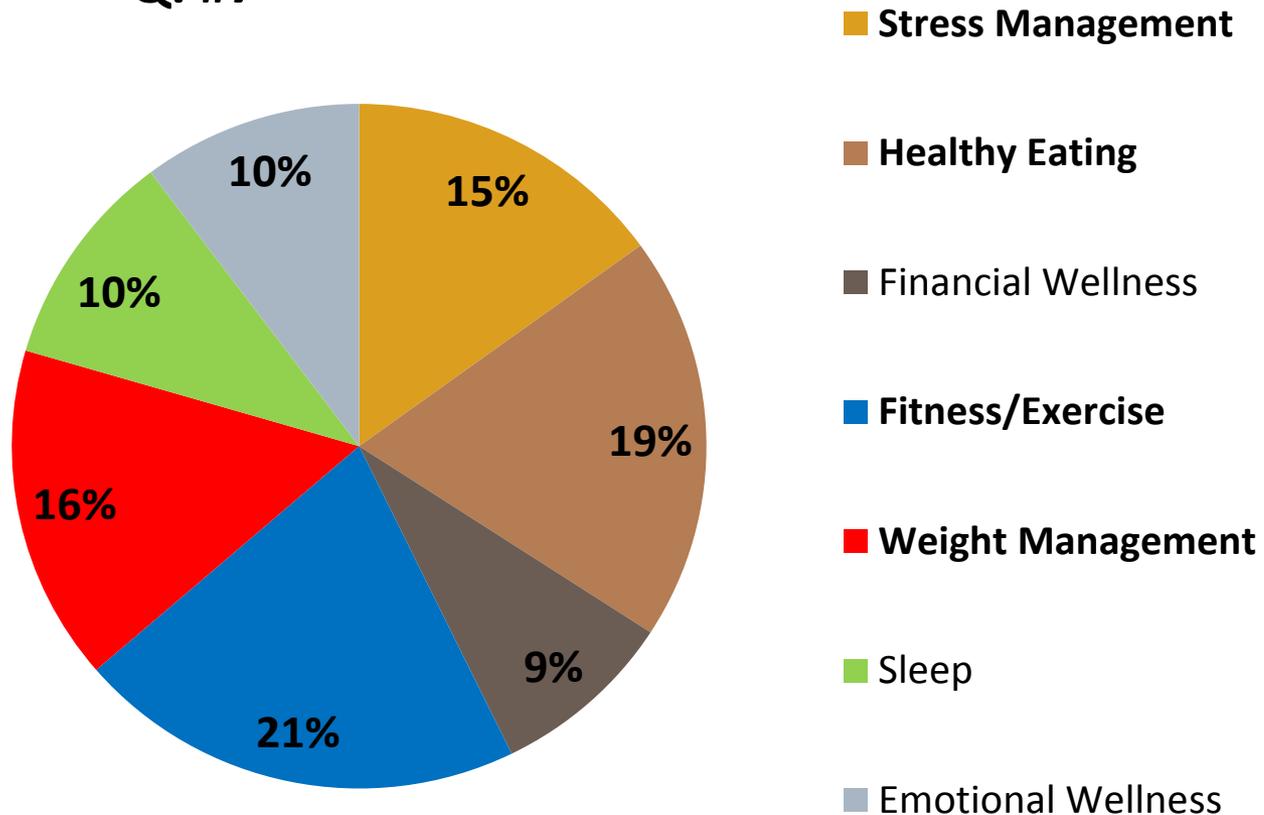
Please rate your overall satisfaction with this wellness challenge.

Q. #6



Which of the following health topics are you most interested in?

Q. #7





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SUCCESS STORIES

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EMPLOYEE SUCCESS STORIES

I was able to lose around 15 pounds just from walking, It's amazing!

I dropped 10 pounds!

I have lost 24 pounds!

I built up my stamina for exercise.

I feel much better, now that I have been exercising at least 5 days a week.

Forgot how good it feels to get exercise during the work day.

I lost 15lbs during the challenge!

I lost 12 pounds, have made exercise a routine. I enjoy and analyze my food intake more.

I feel more energetic!

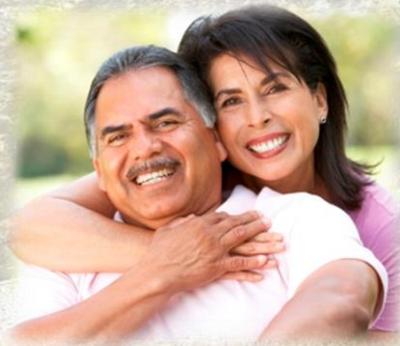


SPOUSE, DOMESTIC PARTNERS SUCCESS STORIES

This challenge
was the
catapult to get
me moving!

I'm
exercising
on a
regular
basis!

Encouraged
me to do more
than usual.



YOUTH SUCCESS STORIES

Enjoyed the challenge!

It did encourage me to do more exercising!



A scenic landscape featuring a winding road that crosses a bridge over a dry stream bed. In the background, a prominent, flat-topped rock formation stands against a bright blue sky filled with scattered white clouds. The foreground is filled with dry, scrubby vegetation and a gravelly path.

THANK YOU!