

Keep It Steady! Maintain Don't Gain Healthy Living Challenge

Celebration
April 30, 2015



BetterHealth

CITY OF ALBUQUERQUE AND
PARTICIPATING GOVERNMENT ENTITIES

Better you.

What was the Goal?

KEEP IT STEADY
MAINTAIN DON'T
HEALTHY LIVING CHALLENGE

Challenge Begins Feb. 16!

BetterHealth
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Better you.

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Albuquerque Keep It Steady Team Challenge

This challenge has ended!
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Start: Monday, January 12, 2015
End: Sunday, January 18, 2015
(This is an Average Points Challenge)

[hide description](#)

KEEP IT STEADY PROGRESS METER
YOUR POINT TOTAL: 105
CHALLENGE GOAL IS 1,000

My activity for: 1/18/2015

Record Your Activity!

Each day, click on the icon for each of the Healthy Habits you perform. You will earn 5 points for each habit each day. At the end of each week, check your weight for a chance to win 10 bonus points for either maintaining or losing weight compared to the previous week.

Habit 1: Exercised at least 15 minutes today
Points

5 Points 5 **PEAK JOB!**

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Today's Points: **0**

January, 2015

S	M	T	W	T	F	S
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

Participants were encouraged to earn 1,000 points by the end of the challenge.

Daily Point Structure: 5 Points for Each Healthy Habit Performed

Habit 1: Exercised at least 15 minutes today
Points



5 Points

5



Habit 2: Ate breakfast today
Points



5 Points

5



Habit 3: Did not skip a meal today
Points



5 Points

5



Habit 4: Limited sweets to one or fewer serving today
Points



5 Points

5



Habit 5: Limited alcohol to one or fewer serving today
Points



5 Points

5



Habit 6: Ate one cup of fruits and one cup of veggies today
Points



5 Points

5



Weekly Bonus Points

SUNDAY WEIGH-IN: Did you lose, gain or stay the same this week?

Once per week, check your weight. If you lose or maintain weight during the week, click the icon to earn 10 bonus points.

Points

 10 Points  10

[hide progress](#)

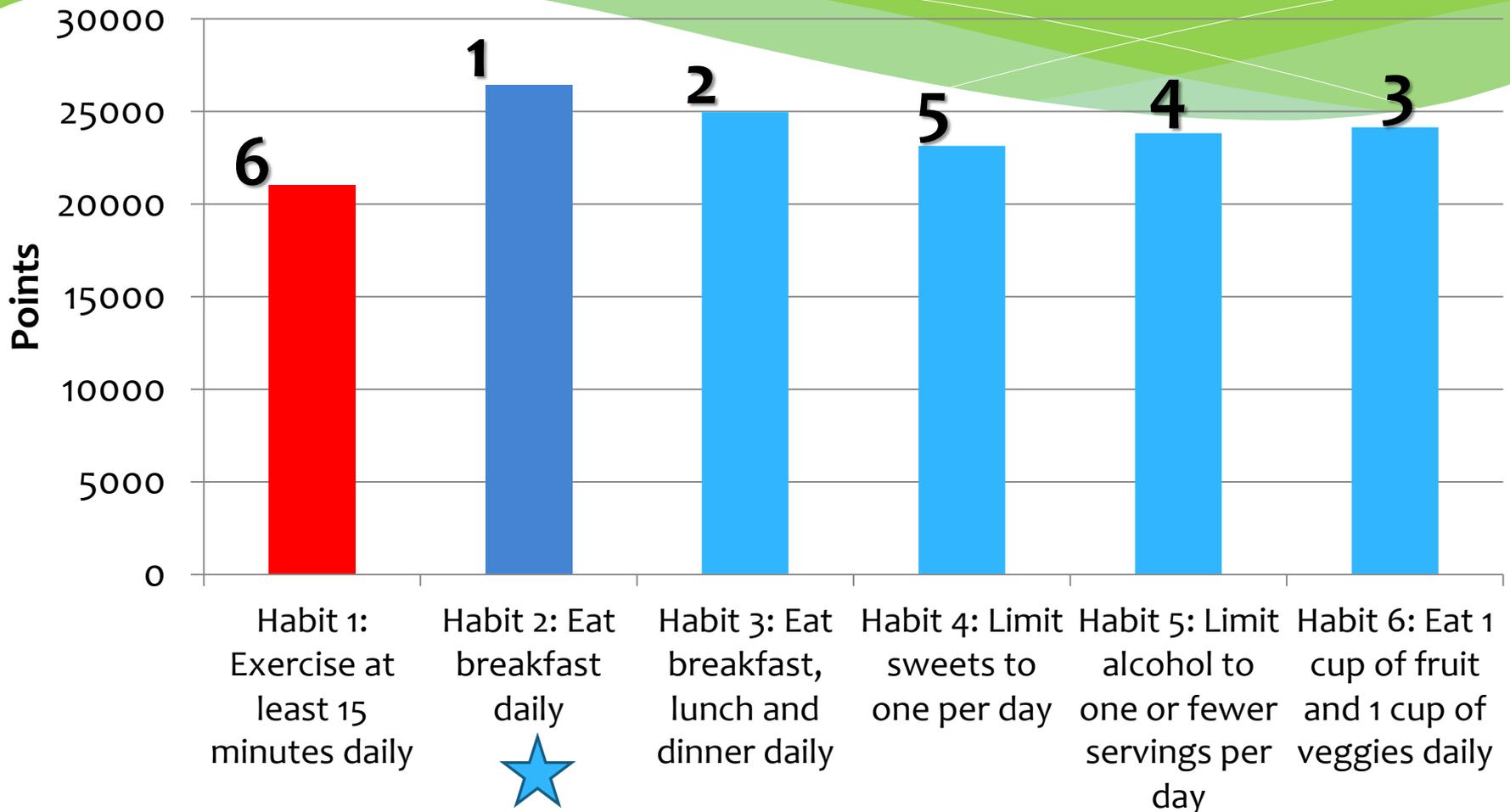
10 bonus points weekly
for losing or maintaining
weight!



Who Participated?

Entity	# of Participants (Employees/Spouses/Domestic Partners)	# of Teams
Albuquerque Housing Authority	10	3
City of Albuquerque	188	66
City of Belen	3	1
Sandoval County	12	4
Southern Sandoval County Arroyo Flood Control Authority	7	1
Town of Bernalillo	3	1
Water Authority	32	7

Top Ranked Health Behaviors



Pick Up Your Prizes



(104) Winners

1,000 + Points

Entity	Participants	Points Range
Albuquerque Housing Authority	3	1005 – 1310
City of Albuquerque	69	1010 – 1320
City of Belen	2	1110 – 1120
Sandoval County	7	1070 – 1310
Southern Sandoval County Arroyo Flood Control Authority	1	1050
Water Authority	22	1015 – 1300



(33) Honorable Mention

700 – 999 Points



Entity	Participants	Points Range
Albuquerque Housing Authority	1	805
City of Albuquerque	24	705 – 995
City of Belen	1	895
Sandoval County	2	740 – 770
Water Authority	5	750 - 925

Top 3 Teams

#1 Ranked: Two Down, Twenty Eight To Go!

Rebecca Stansifer

Top 3 Teams

#2 Ranked: The Bus Doesn't Stop!

Douglas Goff

Monica Baca

Stan Low

Top 3 Teams

#3 Ranked: Caffeinated Crusade

Alyssa Velasquez

Success Stories

I maintained the weight I wanted to maintain!

“Lost 10lbs!! Gained some healthy new habits!!”

“Started a workout routine after putting it off for a year”

I joined a gym and will actually start going!

I lost a total of 10lbs just from letting go of sweets

I would do it again!

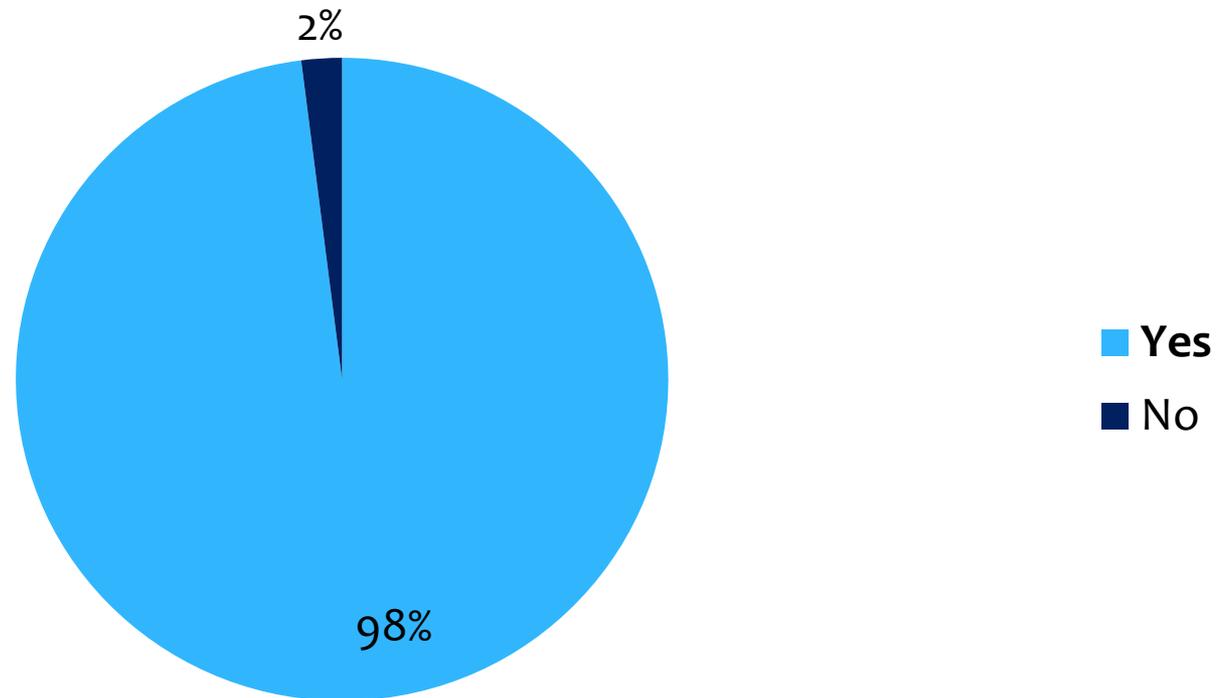
“Lost 5lbs!”

“The 15 minutes of exercise motivated me to begin to exercise. My back feels better and my blood pressure has come down”



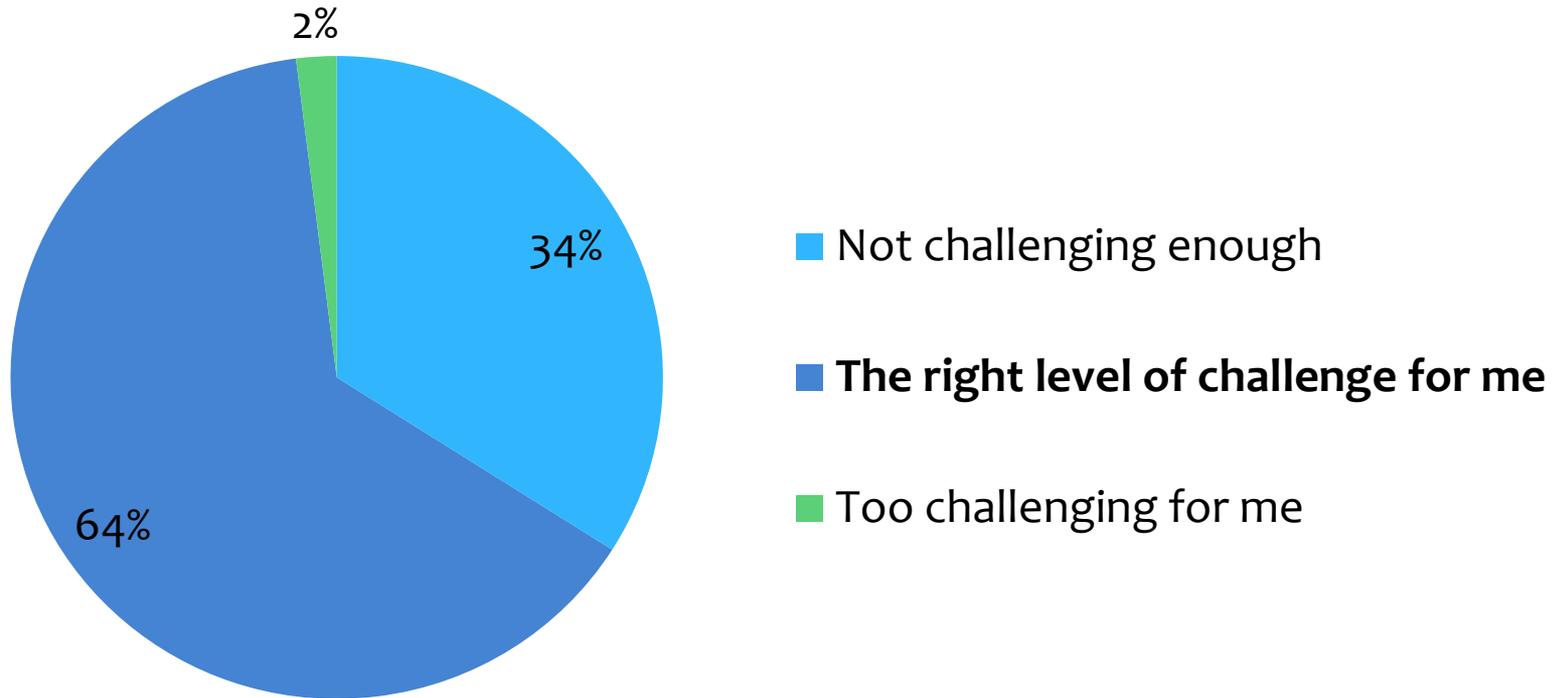
Employee Survey Results

Was the challenge easy to understand?



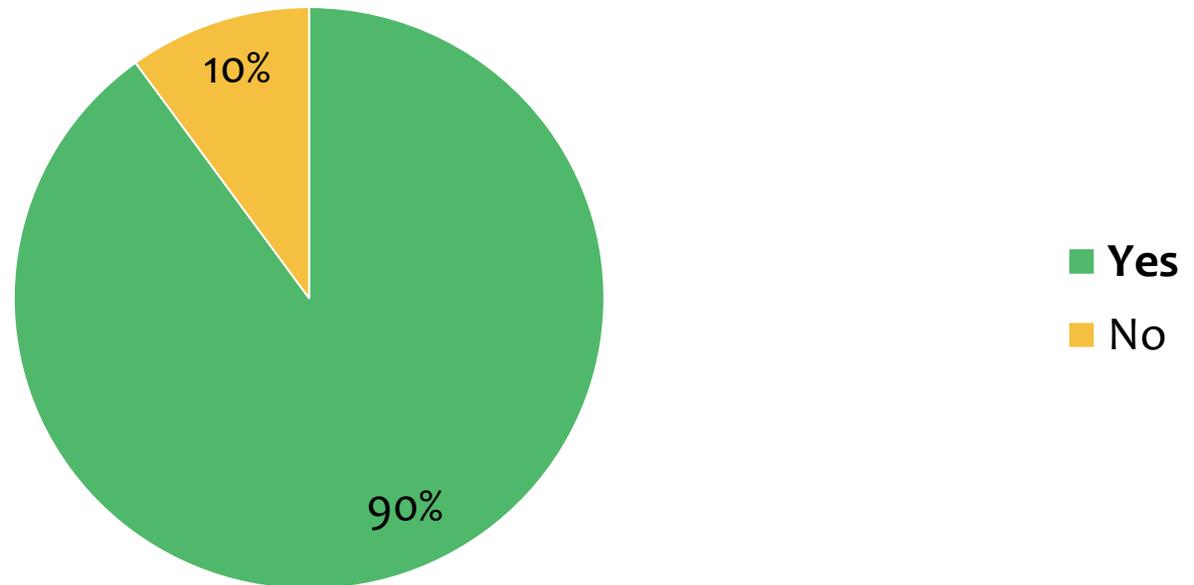
Employee Survey Results

I found this wellness challenge to be:



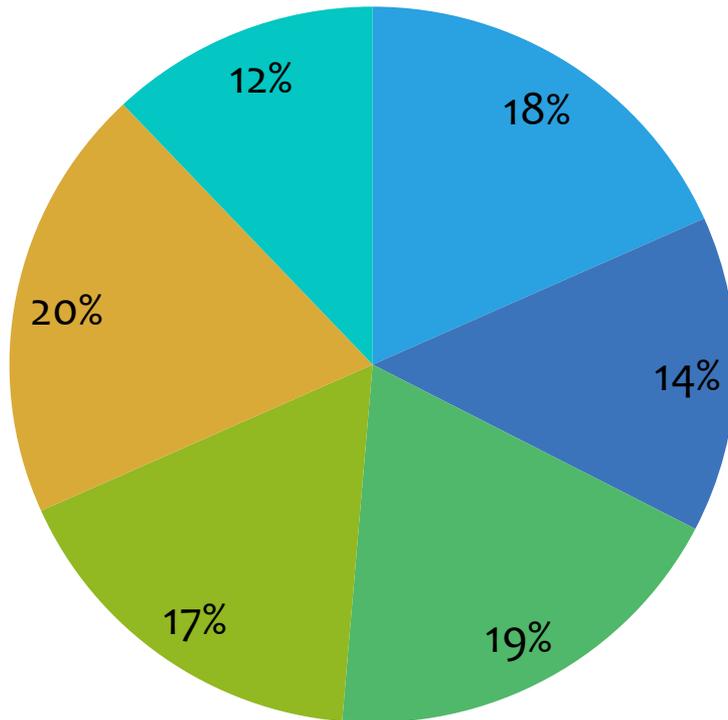
Employee Survey Results

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



Employee Survey Results

I received these benefits from my participation in this challenge.



■ It was fun for me

■ I learned new things about my health habits

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

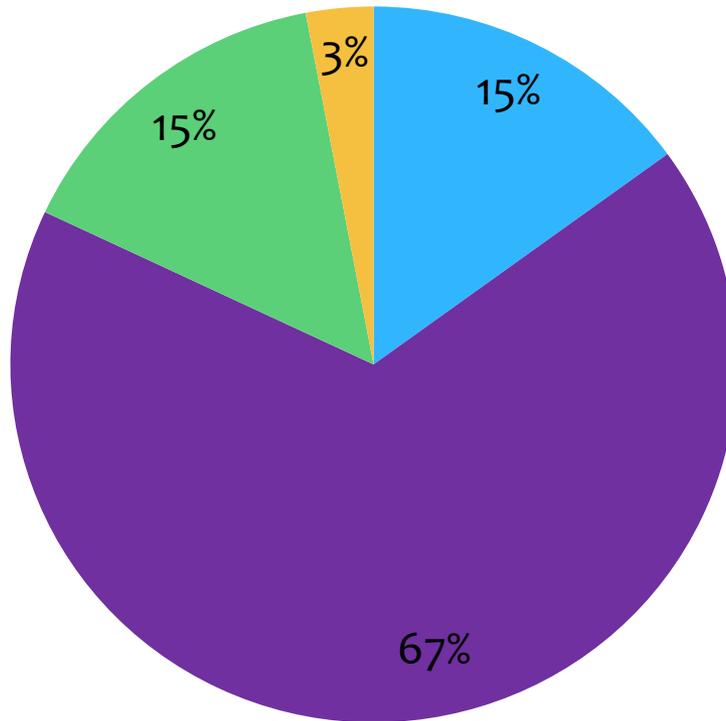
■ I am continuing to improve a health habit that I began during the challenge

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

■ I enjoyed participating with coworkers

Employee Survey Results

Please rate your overall satisfaction with this wellness challenge.



Coming Soon!



New Mexico Monumental Dash!

Employees, Spouses/Domestic Partners & Children 12+

Registration Period: April 27 – May 1st

Start Date: May 11th