

NEW MEXICO

MONUMENTAL DASH

Join this 6-Week online challenge to gain tools that will motivate you to make exercise a priority!

The New Mexico Monumental Dash motivates you to track your minutes of exercise and earn steps to move you across a map of the state's famed national monuments. You will self-select activities you enjoy and work with your teammates to make exercise a priority ... all while learning more about our state's rich history!

For Detailed Information on The New Mexico Monumental Dash:

Go to this link (or snap QR Code):

<http://vimeo.com/user36582690/nmmd>

Password:

COA2015



Open to Employees, Spouses, Domestic Partners & Children 12 and older! Registration Begins April 27, Challenge Begins May 11!

If you participated in the Keep it Steady challenge, please skip to Step 4.

If you're new, enrolling takes just a few clicks... follow these steps:

1. Navigate to My Wellness Workshop at: <https://www.mywellsite.com/tavihealth/Albuquerque>
2. Read and approve the Terms of Service agreement.
3. Complete your profile and when prompted, use your organization password: **COA2015**
4. Form or join a team of 2 to 10 members and you are ready to go! Challenge runs May 11 to June 21.



BetterHealth

CITY OF ALBUQUERQUE AND PARTICIPATING GOVERNMENT ENTITIES