

UNM HSC Wellness Program

Fitbit

Did you know that walking is one of the best ways you can keep your heart healthy and stay in shape? Walking for just 30 minutes a day, 5 days a week is a great way to maintain a healthy, active lifestyle – and almost anyone can do it! There are several walking trails located across the UNM Campus that make it convenient for you to get your steps in at work. Please visit the [UNM Lobo Trails](#) website to find a trail that is convenient for you!

The UNM HSC Wellness Program understands the importance of getting in your steps each day, and we want to motivate you to step it up and join us in our Fitbit challenges.

We offer several team-based Fitbit challenges throughout the year to provide you with a fun way to compete with your colleagues. If you haven't already joined us, be sure to opt-in to our next challenge and step your way to a healthier life!

HSC Wellness Fitbit Challenge Platform

To participate in one of our challenges, you must be added to the **HSC Wellness Fitbit Challenge Platform**. If you have participated in an HSC Fitbit challenge *in 2017*, you are already in our dashboard and will automatically be invited to any new challenges we offer.

If you have not yet participated in an HSC Fitbit challenge *in 2017*, you need to join our Challenge Platform before you can participate in a challenge. Please read the instructions below carefully to find out how you can join!

If you already have a Fitbit:

Please email HSC-BeWell@salud.unm.edu with the following information:

1. First and Last Name
2. Name you use for your Fitbit Account
3. Email associated with your Fitbit
4. Department
5. Current activity level (light activity, moderate activity, high activity)

Once you provide this information, you will be added to our Fitbit Challenge Platform.

- You will receive an email inviting you to opt-in or opt-out of the **HSC Wellness Fitbit Challenge Platform**.
 - You will then be prompted you to select a team for the challenge platform. Please select the team *"Join Here."*
 - By opting-in to the **HSC Wellness Fitbit Challenge Platform**, you will be able to participate in upcoming challenges offered by HSC Wellness Program.

- If you choose to opt-out, you will not be able to participate in any upcoming challenges offered by HSC Wellness Program.
 - If you do opt-in and later change your mind, you are able to opt-out at any time.
- By accepting the invitation, you are giving permission for this program to have access to your Fitbit aggregate information, including but not limited to stairs, sleep, steps, distance and gender. Your information will only be used to assign you to challenge teams.

Congratulations to Past Challenge Winners

Congratulations to the Eagles! They were the winners of the “Workplace Animal Race,” our first Fitbit challenge of 2017. The team included:

- Yvonne Cordova
- Nicole Dougherty
- Aaron Evans
- Yolanda Gonzales
- Elizabeth Yakes Jimenez
- Miquella Lopez
- Mireya Manriquez
- Victoria Martinez
- Patricia Salcido
- Gloria Valencia-Huton
- Della Willis