

Tamaya Wellness Program

ISSUE 36

Mission: To promote, support, and maintain healthy lifestyle choices within the Santa Ana Community

MAY 2019



Keep America Active was the online wellness campaign offered by the Tamaya Wellness Program. This 8 week campaign focused on tracking physical activity while “traveling state to state stopping and visiting our nation’s hot spots and landmarks from coast to coast”. Participants who considered themselves beginners to any physical activity routine, to those who wanted to start up again, to those who worked out and did cardio on a daily basis were all able to sign up and be included.

How it worked: Each day participants visited a new attraction, earning points and stars as they recorded their exercise minutes or steps. They were also able to answer trivia questions while learning fun facts of each states’ landmarks or attractions they visited. Each participant was able to choose their own goal for physical activity.

They had the option of logging activity manually from the many choices of physical activity suggestions, or they could choose to sync their personal devices to the app which automatically logged their daily step counts.

PHYSICAL ACTIVITY

Each day points were earned for recording *at least* 30 minutes of exercise or 6000 steps:

- 30-44 minutes/6000-7999 steps = 3 Points
- 45-59 minutes/8000-9999 steps = 4 Points
- 60+ minutes/10,000 steps = 5 Points.

Participants were also able to earn 1 point each per day for 2 additional healthy behaviors: no sugary sweetened beverages and exercising for 30 minutes with a friend. Participants found that exercising with others was not only more fun, it helped them stick with it.

Another FUN component was the team option. Teams could be formed with up to 5 individuals and could’ve included family, friends and/or co-workers. Each team had a leader and a name chosen by the team. Every Thursday, the teams had a team challenge they could complete to earn an extra point. The Thrive Thursday challenges were focused on additional health and wellness activities and behaviors that



could be included in participants' daily habits. The team component added healthy competition and encouraged teams to work together to reach personal physical activity goals and collect points and stars.

The **Keep America Active** homepage also provided daily tips and access to over 200 food and snack recipes and resources pertaining to Fitness, Nutrition and Well-Being. There was also a Wellness Wall where participants could support one another, share some words of encouragement or post a photo of them being active.

Keep America Active Results

INDIVIDUAL LEADERBOARD:

1. Theresa James	392 pts
1. Erin Pino	392 pts
3. Samantha Lujan	383 pts
3. Tina Trejo-Winn	383 pts
5. Marina Montoya	379 pts



TOTAL STEPS:
11,089,718

Total registered participants: 49

38 Tribal/Community 11 SAP Employees



35 Females

14 Males



Total participants who met goal: 30

Mobile app participants: 41

Tamaya Wellness Program Directory
<http://santaana-nsn.gov/wellness>

Teams:

1. Average Joes: Kelsey, Ashley, Shupa, JoAnna Joey	369.60 pts
2. #GettinItDone: Denise, Nathan, Tina, Kevin	336.50 pts
3. Cast A Weighs: Angela, Theresa, Tanya, Raquel	327.50 pts
4. The Lucy's: Vanna, Kateri, Syshana, Rayleen, Marina	278.80 pts
5. RUN LIKE THE WINDED: Juliette, Kristen, Samantha, Christopher	258.50 pts
6. Flab to Fab: Kelly, Erin, Carla, Lance	219.75 pts
7. 7Down: Mark, Sharon, Emery, Ron	209.25 pts
8. Flub-u-less: Elizabeth, Taneya, Justna, Kietze, Natowa	186.60 pts

What participants liked most:

"Learning new facts about various parts of the country, staying motivated with others, really great recipe suggestions, the interactive wall."

"The simplicity of it. This program allowed beginners to participate with no pressure."

"The team aspect resulted in motivating me to workout regularly."

"8 weeks was a good time frame. The app, logging regularly, "traveling" and the team component were helpful for consistency and encouragement."

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