



PUBLIC HEALTH

“Live Well, Be Well”

April 2019

National Public Health Week, April 1-7, 2019

Everyone deserves the opportunity to live a long, healthy life FREE from preventable disease and injury. Across the country, public health workers ensure the basic foundations necessary for good health; clean water, safe food, breathable air and access to life saving vaccines, we must achieve health equity. This means taking on the social determinants of health that put good health and longevity out of reach for so many in America. –American Public Health Association

Please help us celebrate and begin a road to good health and disease prevention and join our **Pueblo Road Warriors Walking/Running Program**

Trek the 780 miles from Pueblo to Pueblo for FUN, for your HEALTH and for PRIZES!

Q: Who can participate?

A: 15 years and older. (Must be an established patient at Santo Domingo Health Center.) Must be relatively healthy. Patients with multiple health issues will be required to receive medical clearance from provider before beginning program.

Q: When can you start?

A: After initial health assessment with PHN staff, receiving of pedometer, review of program and signing of consent form.

Q: Prizes?

A: At beginning receive **PEDOMETER** to count your steps/miles.

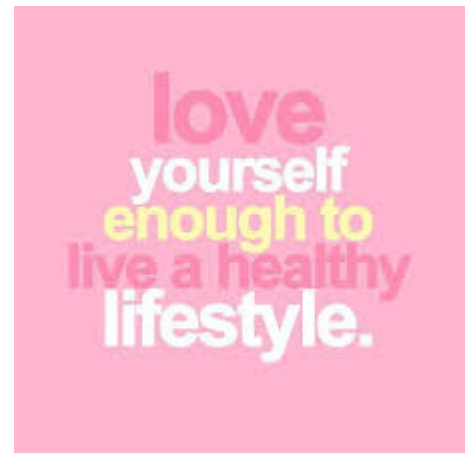
WATER BOTTLE-Completing 154 miles at Taos Pueblo (see trek miles on back)

DRAWSTRING BACKPACK-Completing 325 miles at Isleta Pueblo

RUNNING SHIRT-Completing 526 miles at Zuni Pueblo and 2nd Health Screen

\$25 DICK'S SPORTING GOODS GIFT CARD-Attending 2 PHN Sponsored events.

PAID ENTRY FEE for LOCAL RUN/WALK EVENT OF CHOICE (e.g. Run for the Zoo, Duke City, ABQ Half, Santa Fe Thunder, etc.)-Completion of 780 miles and Final Health Screening



“Never throw in the towel. Use it to wipe off the sweat, then keep going.”

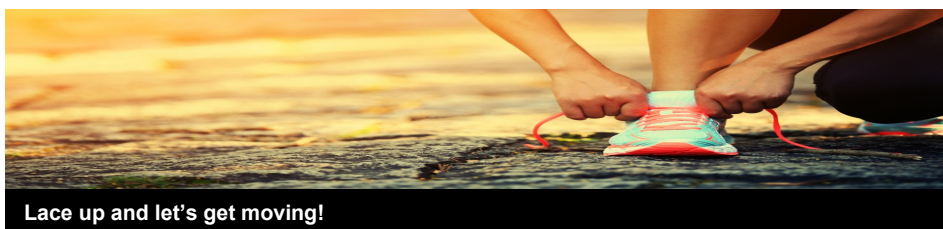
Contact Information:

Public Health Nursing

505-465-3060

Helene ext. 1012 (MAIN CONTACT)

Cynthia ext. 1011



Lace up and let's get moving!

Important INFO

Program Start Date:

MONTH of APRIL 2019
ONLY –after April 8th

Interested participants should call PHN office and speak with Helene Quintana to set up quick appt time to pick up PEDOMETER and complete initial health screening and consent form. This appt date will become your program start date.

How do you track and report steps?

PEDOMETER will be required for each participant. Participants are required to send picture of pedometer reading to PHN cell phone (number to be provided at initial health screening) once a week or (if no cell phone) participants will be required to check in weekly or bi-weekly to present PEDOMETER for reading.

Picture tracking wall in PHN office for visual.

Program End Date:

Participants have 10 months from your start date to complete.

Awards at End to Celebrate goals and accomplishments.



PUEBLO ROAD WARRIORS TREK MILES

This is a self-paced, walk and/or run on your own time wellness program. All activity counts (walking/running/ZUMBA/field work/house cleaning/etc.) as long as you are moving, getting in steps/miles and tracking with your PEDOMETER. (We are NOT actually walking from Pueblo to Pueblo, simply accumulating steps as though we were visiting each Pueblo.)

Kewa to Cochiti Pueblo-12 miles
Cochiti Pueblo to Tesuque Pueblo-42 miles
Tesuque Pueblo to San Ildefonso Pueblo-17 miles
San Ildefonso Pueblo to Santa Clara Pueblo-11 miles
Santa Clara Pueblo to Ohkay Owingeh-11 miles
Ohkay Owingeh to Taos Pueblo- 61 miles
Taos Pueblo to Picuris Pueblo- 40 miles
Picuris Pueblo to Nambe Pueblo- 33 miles
Nambe Pueblo to Pojoaque Pueblo- 6 miles
Pojoaque Pueblo to Isleta Pueblo- 92 miles
Isleta Pueblo to Laguna Pueblo- 54 miles
Laguna Pueblo to Acoma Pueblo- 19 miles
Acoma Pueblo to Zuni Pueblo- 128 miles
Zuni Pueblo to Sandia Pueblo- 164 miles
Sandia Pueblo to Zia Pueblo- 29 miles
Zia Pueblo to Jemez Pueblo- 13 miles
Jemez Pueblo to Santa Ana Pueblo- 30 miles
Santa Ana Pueblo to San Felipe Pueblo- 10 miles
San Felipe Pueblo to Santo Domingo Health Center- 8 miles

TOTAL: 780 miles

2,000 steps= 1 mile