

15/5

University of New Mexico-Gallup Campus
Staff and Faculty Mini-Grant Application Form
For 2016 - 2017 Fiscal Year

(please type or print)

Division Physical Education

Project Title Walk Your Way to Fitness

New Project: Yes No

Have you received funding this fiscal year? Yes: Yes, but not for this project No

1. Description of the project:

As employees for the University there are times when we are too busy with students we forget about ourselves; this program will give the incentive to relieve some stress by walking. Employees will walk their way to fitness. We will also have monthly exercise classes just for employees, such as personal training sessions, cardio class, and boot camps. At our University we are fortunate to have a well maintained walking trail as well as many stairs therefore this fitness program will be beneficial.

2. Rationale for how the project will benefit the faculty, staff, students, UNM-G, or the communities at large:

This program will be open to any current staff or faculty member. An average person should take 10,000 steps daily for a healthy living however most people who work behind a desk only take 3,000 to 4,000 steps. This program will help employees to get their steps. It will also help employees get started on getting healthy.

3. Expected outcomes or products of this project:

The expected outcome is to create a healthy worker, this worker will be more productive and will be happier with their workplace.

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4. Describe the timeline for the project, resources needed, and the person responsible for each action step.

When

Every month for the next 11 months (February 2017 – June 2017) there will be a walking challenges and the winner of the challenge will receive a prize. Some months will be an individual winner other months will be group winners.

Action Step

We will use the Fitbit trackers and Fitbit program to track each person individually. Using Fitbit.com we will create challenges plus we will create a group so every participant can see everyone’s progress.

Resources Needed

Funding will be used to purchase food, personal training and boot camp class, six Fitbit Flex devices (as prizes), gift cards (as prizes.) Every month there will be different walking challenges such as 5 million step march, or who can get the most steps in a month then the winner/winners will get a prize. The prizes will vary every month, below is an outline of what will be giveaway.

Employee Wellness Program Budget:

February '17

Smoothie party for joining and completing the month (go to local coffee shop)	\$ 150.00
Fitbit Flex 2 prize giveaway (\$79.95*6)	\$ 479.70

Personal Training Class (2 hours X \$45)	\$ 90.00
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March '17

Massage giveaway	\$ 80.00
Bootcamp (2 hours X \$45)	\$ 90.00

April '17

Three entry fees for Color Run	\$ 135.00
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Personal Training Class (2 hours X \$45)	\$ 90.00
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May '17

\$25 gift card for top 3 winners	\$ 25.00
Bootcamp (2 hours X \$45)	\$ 90.00

June '17

Pizza party plus 3-\$20 gift cards	\$ 225.00
Bootcamp (2 hours X \$45)	\$ 90.00

TOTAL \$1,544.70

Responsible Person

The responsible person will be Michaela Henry

5. Estimated budget with justifications:

**Employee Wellness Program Budget:
February '17**

Smoothie party for joining and completing the month (go to local coffee shop)	\$ 150.00
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Personal Training Class (2 hours X \$45)	\$ 90.00
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Bootcamp (2 hours X \$45)	\$ 90.00
April '17	
Three entry fees for Color Run	\$ 135.00
Personal Training Class (2 hours X \$45)	\$ 90.00
May '17	
\$25 gift card for top 3 winners	\$ 25.00
Bootcamp (2 hours X \$45)	\$ 90.00
June '17	
Pizza party plus 3-\$20 gift cards	\$ 225.00
Bootcamp (2 hours X \$45)	\$ 90.00
TOTAL	<u>\$1,544.70</u>


6. What other funding sources have you explored? Give details.
(Note: funds for this mini-grant must be expended by June 30, 2016)

No other funding sources have been explored.

7. If application is approved, the applicant must electronically submit the written final report as a pdf file to the Committee Chair, Alok Dhital, adhital@gallup.unm.edu within two weeks upon the completion of the project.

Prepared by (please type or print): Michaela Henry Date: 1-19-2017

Approval or Denial (please circle one):


Division/Chair or Supervisor

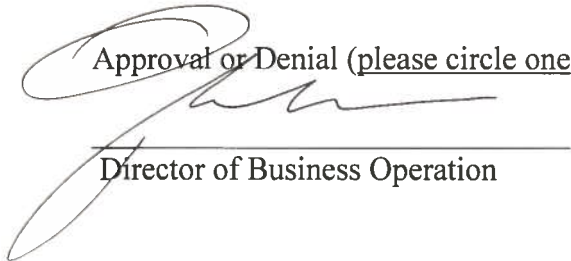
01/26/17
Date

Approval or Denial (please circle one)


Chair, Mini-Grant Committee

2/9/2017
Date

Approval or Denial (please circle one)


Director of Business Operation

2-17-17
Date

Reason(s) for denial. (Applicant may resubmit proposal for 2017-18):

Please submit your mini-grant application to Ms. Geralene Lahi, Accountant I, Business Office (SSTC 286, extension 7577), after you obtain your division head's or supervisor's signature.

Due to Mini-Grant Committee by 2/6/2017
Decisions will be announced by no later than 2/16/2017