

Healthy Communities, Cuba, NM

2011 Winter Activities

Movement makes us feel better and improves health and well-being!

Meet your friends, co-workers, and community members for fun, physical activity to rejuvenate yourself. You can de-stress, get stronger, improve mobility, manage weight, and boost immunity, and improve your mood.

After work Eichwald Center Activities

Come when you can, stay as long as you like.

Cardio & Weights (Village of Cuba Eichwald Center Membership required: \$10 for 30 days. 575-289-3758)

Yoga (no membership required) enhances any fitness level.

St. Frances Park Walks (no membership required) weather permitting.

Senior Social Activities

Even a few extra minutes of movement can make us feel better!

10 Minute Walks or indoor dancing, weather depending.

10 Minutes of Stretching before BINGO.

Weekday Walks

Every step counts!

For weight loss and wellness.



For more information call Anna: 505-289-3718 or 505-288-2733

Email: walkingchampion@stepintocuba.org

www.stepintocuba.org

Cuba Community Garden's 4th Annual Spring Planting Day

On Saturday, March 26, 2011, Cuba area gardeners, community volunteers, and various groups will come together with shovels in hand to work on Cuba's Community Garden project. The Garden provides gardeners a safe place to grow food and plants where they can also network with other community members. It's also a way to make fresh healthy foods more accessible to Cuba community members who like to garden.

Last year's Spring Planting Day was a great success. With the help of many volunteers, the garden was weeded, the ground was prepared, and raised beds were built. The garden now has a total of 20 raised beds and more are planned to be built.

Please join us this year, help our local garden flourish, and enjoy the following special events!

- Listen to guest speaker John Phillips (Soil Biologist) on spring soil preparation for the garden

Enjoy a visit from Hootie the Owl!

- See a Hoop House Demonstration (a hoop house is a small green house/structure that can be built over your garden to help extend the growing season)

Saturday March 26, 2011

9:00 a.m. to 1:00 p.m.

**Cuba Community Garden-
Corner of E. Salazar and Trujillo
(behind Del Prado Restaurant)**

Tools, snacks, and drinks will be provided (bring gloves if you wish). Join your community members and help make a difference!

For more information about the Cuba Community Garden, please contact Jeanette Linville at Nacimiento Community Foundation 575-289-3718 or Shari Smoker at 575-289-0244.



Healthy Communities

Nacimiento Community Foundation

www.stepintocuba.org

Winter 2011 Activities Calendar

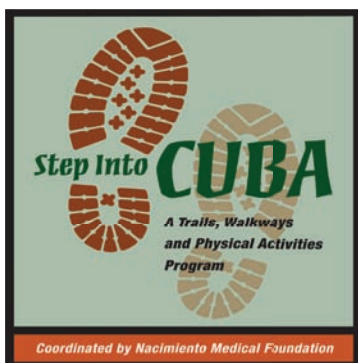


	Monday	Tuesday	Wednesday	Thursday	Friday
12:00 PM		Senior Center WALK or DANCE 10 minutes	Health Center WALK 30 minutes		Senior Center WALK or DANCE 10 minutes
1:00 PM	School Campus WALK 60		Senior Center STRETCHES 10 minutes	Senior Center STRETCHES 10 minutes	
2:30 PM					School Campus WALK 60 minutes
04:00 PM	Eichwald Center YOGA	Eichwald Center CARDIO WEIGHTS* 20-60 minutes	Eichwald Center WALK 20-60 minutes	Eichwald Center CARDIO WEIGHTS* 20-60 minutes	Eichwald Center YOGA 20-60 minutes
05:00 PM		Eichwald Center CARDIO WEIGHTS* 20-60 MINUTES	Eichwald Center YOGA 20-60 minutes	Eichwald Center CARDIO/WEIGHTS* 20-60 MINUTES	

To sign up for an activity, call 575-289-3718, or e-mail: walkingchampion@stepintocuba.org

*For a Village of Cuba Eichwald Center Gym Membership, call 575-289-3758

For Senior Center information, call 575-289-3510



Spring Forward

Daylight Savings time is here! Although we like the extra hour of daylight after work, 'springing forward' can throw off our entire routine and cause us a lot of stress.

Stress Relief

We can't go through life without encountering stress. Stress is the body's physical, mental, and chemical reaction to circumstances that frighten,

excite, confuse, endanger, overwhelm or irritate us. The symptoms of stress include anxiety, irritability, general tension, and sleeplessness. Here are some easy, effective ways to handle stress:

Walking

The human body is not built for sitting, whether it is in a chair in front of the TV, a car seat, or at an office desk. It is designed to move. The effects of a sedentary lifestyle can lead to fatigue, irritability and psychological and emotional discomfort. There are also numerous, chronic physical problems associated with inactivity, such as stiff necks, stiff backs, headaches and stomach pain.

Aerobic exercise of any kind has the power to calm our nerves and reduce stress, especially walking.

Why is walking such a powerful stress reducer? Walking can trigger the release of endorphins, potent brain chemicals that relieve pain and stimulate relaxation. The higher your level of endorphins, the greater your sense of calm and well-being.

Rhythm is another reason walking reduces stress. Swinging the arms in opposition to legs starts a rhythm. Rhythm has a calming effect on our brain. You don't need to push yourself to walk really fast or hard to reduce stress. A comfortable stroll can be just as effective as a brisk walk. The key is to pay attention to your breathing and the movement of your body while you are walking.

When you walk outside in nature, such as in a wooded area or an open area, you can feel your stress levels decrease almost immediately. The natural environment is soothing and restorative to our minds, bodies and spirits.

Walking makes you feel good - relaxed, unstressed, and calm. Even five minutes can make all the difference! Now you have an extra hour of daylight after work, you can fit in some time for a walk!

Sleep

Many of us sacrifice sleep for our busy schedule. But, sleep deprivation and insomnia affect our health, as well as our ability to think and make good decisions. Getting plenty of exercise, like walking, during the day can help you sleep better at night. Keeping your bedroom dark and keeping your TV, computer and cell phone in another room allows your body to relax so you can sleep well. Deep breathing and stretching can also help you relax. Try these simple moves before bed:

Belly breathing

Belly breathing is easy to do and very relaxing. Try this basic exercise anytime you need to relax or relieve stress.

Sit in a comfortable position.

Put one hand on your belly just below your ribs and the other hand on your chest. Take a deep breath in through your nose, and feel your chest and belly fill up with air.

Breathe out through pursed lips as if you were whistling softly. Feel the hand on your belly go in, and use it to push all the air out.

Do this breathing 3 to 10 times. Take your time and gently focus on each breath.



Stretching

Gentle stretching can help relieve pain and reduce stress. Any movement is better than none. The next time you start to notice tension in your arms or shoulders, try some simple stretching exercises to help correct posture and relieve physical tension (stretches can be done seated or standing.) Remember to breathe deeply during the movements. Pay attention to your body and be gentle with yourself:

Neck stretches: Sitting, or standing up straight, with arms and shoulders relaxed and feet comfortably on the ground, breathe in. Breathe out as you slowly turn your head to the left to look over your left shoulder. Repeat to the right. Next, breathe in, then breathe out and gently tip one ear toward the same side shoulder. Keep your shoulders down and relaxed. Repeat on the other side. Now, breathe in, then breathe out as you drop your chin lightly toward your chest. Last, breathe in as you raise your chin up toward the ceiling, letting the base of your skull "rest" on your shoulders. Gently return your head to a neutral position.

Shoulder rolls. Bring hands to your sides then gently pull your shoulders up to your ears, then roll your shoulders back, squeezing your shoulder blades together. Last step, relax. Repeat up to three times. Also try reversing the movement.

Arm stretch. Breathe in and take both arms over head and stretch upwards towards the ceiling. Breathe out and bring arms back down. Repeat up to three times.

Side stretch. Breathe in and take one arm over head, stretching upwards towards the ceiling. Breathe out as you gently lean sideways, sliding the other hand a couple of inches down your leg. Breathe out to bring the arm down and return to standing up straight. Repeat up to three times on each side.

Gentle Twist. Sitting or standing up straight with shoulders relaxed. Breathe in and place both hands on one hip. Breathe out as you gently look over the shoulder on the same side of your body you have placed your hands. Repeat up to three times on each side.

Back bend. Clasp your hands behind your back. Breathe in and lift your hands away from your body as you lift your chin, letting the base of your skull "rest" on your shoulders. Squeeze your elbows together. Breathe out to release your hands and relax. Repeat up to three times.

Forward bend. Sit with legs extended or stand up straight. Breathe in, then breathe out as you drop your chin to your chest and lean forward rounding your back and letting your hands hang down towards the floor. Feel a gentle stretch in you legs, back and neck. Shake your head no and nod your head yes to make sure your neck stays relaxed. Breathe in and return to an upright position. Repeat up to three times.

Ready, set, go!

By using these simple tips, you can enjoy the extra hour of daylight in the afternoon, and maybe even improve your quality of life altogether!

For more tips on walking, check out our website <www.stepintocuba.org> Please check with your health care provider if you have any concerns before starting any new physical activities.

**RIDE THE SANDOVAL
EASY EXPRESS**