

## Feel Better with Movement!

Our bodies are made to move! Some say that, 'movement is life'. Almost anyone can benefit by putting more movement into their day. Safe movement helps us feel better and strengthens our immunity. This is especially important in the winter 'cold and flu' season. When the weather keeps you indoors, set an alarm on your watch, cell phone or computer to

help you remember to get up and get moving for a few minutes, at least once a day, or as much as once an hour.

Try some of these simple moves.

\*Easiest of all; take a deep, gentle breath. More oxygen to the brain is an instant pick-me-up and stress-reducer. Use your nose for breathing whenever possible. Try a few more breaths to feel even better.

\*A gentle stretch feels great, and can strengthen your back, arms and 'abs' at the same time. Seated or standing, take a deep, gentle breath and reach your arms overhead, then look up at your hands. Breathe out to lower your chin and arms. Always pay attention to your body and move carefully.

\*Another good movement for stronger 'abs' is to 'march-in-place'-while-seated'. Try it at your desk, or while watching TV. Sit up straight and hold onto the seat of your chair, or couch, for more stability. Start with 10 steps. Add a more steps over time.

\*For a 'full-body-mini-workout', stand up, take a few deep, gentle breaths and swing your arms in rhythm while you march-in-place. As always, pay attention to yourself and your surroundings. Start with at least 30 seconds. Always rest when you get tired, and then do more, later. Add your favorite music to make more it fun!

Does your employer participate in the Healthy Communities Work Site Wellness Program? If so, take advantage of the opportunity to do the 15 minutes of stress relieving stretches at your place of work.

Join us at the Senior Center for walking and easy movement on Tuesdays, between 12:30 and 1:30pm. Ten minutes of easy movement on Wednesdays and Thursdays, before BINGO, is also offered at the Senior Center. Being around others in a fun, relaxed environment is an extra boost to your well being.

Another terrific option for staying active during the winter is a Village of Cuba Eichwald Center Gym Membership. For only \$10/month, you can walk around inside the gym or use the Weights and 'Cardio' equipment to help reduce stress, build strength, and burn those 'comfort food calories' we all eat more of during the cold season. You can go on your own, or arrange to meet a friend or co-worker at the gym anytime, or join a workout group: Tuesdays & Thursdays at 8:00 a.m. (membership required) OR Tuesdays & Thursdays at 9:00 a.m. (walk around the gym only, no membership required)

There will be some days when you CAN get outside. Just being out in the cold causes your body to burn more calories to keep your temperature up. A few deep, gentle breaths can help your body stay warm. Now you're ready for

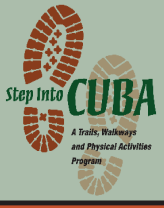



movement! Even a short 'winter walk' is wonderfully refreshing! Watch for ice and obstacles! Dress in layers. Wear non-slip, comfortable shoes that keep your feet dry, and a hat and gloves. A scarf will keep your neck and chest warm. Sunglasses keep vision clear on bright, white, winter days. Keep your ears uncovered to listen for approaching traffic if you are walking on a roadway. Carry your cell phone and some water if you go out for longer walks. Walk with a friend or join a walking group for motivation, such as the 'lunch walk' group: Mondays & Wednesdays at 12:00 p.m. starting at the PMS Health Center (weather permitting; otherwise this group will meet at the Eichwald center to workout/walk indoors.)

Some other outdoor activities that you can enjoy in the winter are: building snowmen, sledding, snowshoeing, skiing, and ice skating. Plan a fun day of movement for your family or be spontaneous! Check out our website [www.stepintocuba.org](http://www.stepintocuba.org) for trail hikes taking place in your area.

Its best to add some extra movement every day. Even a little, sometimes, is better than none at all. But, just do what you can, when you can, and don't stress about it. The whole point is to feel better! Check with your health care provider if you have any concerns, and ask for a Walking Prescription and a referral to the Walking Champion to help you get started.

For more information, check out the Healthy Communities Activities Calendar, or call 575-289-3718.

|  |   | Nacimiento Community Foundation<br><b>Healthy Communities</b><br><a href="http://www.stepintocuba.org">www.stepintocuba.org</a> |   |  |        |
|---|---|---|---|---|--------|
| <b>January/February 2012 Activities Calendar</b>                                    |   |   |   |   |        |
|   | Monday  | Tuesday   | Wednesday                                     | Thursday  | Friday |
| 8:00 AM   | Cuba Library<br>WW<br>STRETCHES<br>15 minutes             | Eichwald Center<br>WORKOUT (Gym<br>membership required*)<br>60 minutes  |   | Eichwald Center<br>WORKOUT (Gym<br>membership required*)<br>60 minutes                |        |
| 09:00 AM  | Cuba Raanger<br>District WW<br>STRETCHES<br>30 minutes    | Eichwald Center<br>EZ WALK<br>60 minutes  |   | Eichwald Center<br>EZ WALK<br>60 minutes  |        |
| 10:30 AM  |   | Public Health Office<br>WW STRETCHES<br>15 minutes  |   | Public Health Office<br>WW STRETCHES<br>15 minutes                                    |        |
| 11:30 AM  | Village Complex<br>LUNCH WALK<br>20 minutes               |   |   | Village Complex<br>LUNCH WALK<br>20 minutes   |        |
| 12:00 PM  | PMS Health Center<br>LUNCH WALK<br>20 minutes             | Credit Union<br>WW STRETCHES<br>15 minutes  | PMS Health Center<br>LUNCH WALK<br>20 minutes | Credit Union<br>WW STRETCHES<br>15 minutes  |        |
| 01:00PM   |   | Senior Center<br>EZ WALK<br>15 minutes  | Senior Center<br>STRETCHES<br>10 minutes      | Senior Center<br>STRETCHES<br>10 minutes  |        |
| 03:00 PM  | Cuba Independent<br>Schools<br>WW STRETCHES<br>15 minutes |   |   |   |        |

For more information, call Anna 575-289-3718, or e-mail: [walkingchampion@stepintocuba.org](mailto:walkingchampion@stepintocuba.org)  
 \*For a Village of Cuba Eichwald Center Gym Membership, call 575-289-3758  
 For Senior Center Information, call 575-289-3510---For WW STRETCHES (Work Site Wellness) contact your employer.

## Winter Walking Tips

Walking is one of the most effective and easiest forms exercise, so don't let the winter weather keep you indoors! Walking outdoors in the 'winter wonderland' can be refreshing and invigorating as long as you keep these tips in mind.

If possible, choose a place to walk where there is little or no traffic, like one of many wilderness hikes in our area such as the cross country trails at the Cuba Schools or the new Fisher Trail off Cubita Road. Tell someone where you are going, walk with a friend or carry a cell phone.

Walking in town during the winter months can be challenging! St. Francis Park Trail can be very icy, so be very cautious if you choose to walk there. Sidewalks along 550 can be impassable during winter months, and most other roadways in our community don't even have sidewalks. But, if you must walk on roadways, walk against the traffic as close to the curb as possible.

It's important to stay aware of the traffic, so don't cover your ears, you will want to hear cars approaching. Snow packed and icy roads may prevent motorists from stopping or slowing down, so be cautious. Watch for ice and other hazards.

Dress in bright colors or wear reflective gear, and make sure any children you are walking with are also dressed in bright colors or reflective gear.

Dress in several lightweight layers that you can take off or put on to keep you from overheating or getting too cold. Make sure kids are dressed in layers, too!

Winter sun can be very strong, so wear sunglasses and a hat.

Wear gloves and a scarf.

Wear comfortable shoes, preferably waterproof, that fit well and have no-slip soles.

Start your walk slowly to give your muscles a chance to warm up.

Take slower and smaller steps to prevent slips and falls on icy surfaces.

Bring a bottle of water and sip frequently. Dry winter air can be dehydrating, especially in our high mountain desert climate.

Don't carry heavy bags or packages as this can impair your balance.

A walking pole or stick can help prevent falls on uneven or slippery terrain.

Stay safe and active this winter!



### SEEKING PART-TIME MANAGER

**Hours:** Temporary Position (March-November 2012) Saturdays 8:00am to 1:00pm and must be available to attend all Cuba Farmers Market (Market) meetings.

**Start Date:** March 9, 2012

**Deadline for Application:** February 10, 2012

**Pay Rate:** \$300.00 per month

**DESCRIPTION:** Cuba Farmers' Market is seeking a motivated and skilled individual to serve as part-time market manager to assist in the management of the weekly farmers' market during a 9-month period (from March through November) which includes:

- on-site market coordination-including set up/clean up and operation of the Market;
- collecting and tracking fees received by Vendors;
- completing weekly summary sheets of Market activities;
- supporting and engaging in problem solving with vendors;
- attend meetings for planning and coordination of the Market;
- ensure Vendor understanding and compliance with Market rules and regulations;
- attend NM Farmers Marketing Association training (requires travel and overnight stay)

#### JOB SKILLS:

- outgoing, highly motivated and organized people-person;
- marketing and management experience a plus;
- interest in Farmers Markets
- excellent record-keeping skills;
- excellent written and verbal communication skills;
- ability to assist with basic accounting and bookkeeping duties;
- self-motivated, detail oriented, reliable and trustworthy;
- Must have valid driver's license, access to own vehicle that is insured, and willingness to use own vehicle to transport materials to/from Market and Storage

If interested, please send resume with cover letter to:

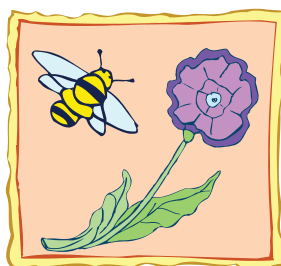
Cuba Farmers Market, PO Box 2121, Cuba, NM 87013

For more information, please call 575-289-2329



Dried Chili at the 2011 Cuba Farmers' Market

It's almost here!  
**Cuba Farmers Market**  
 SPRING EVENT



**COMING SOON!**

Look for more information in next month's issue of the Cuba News.