

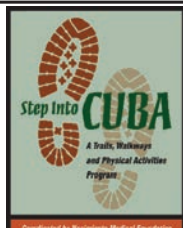
Need a last minute gift idea? Take your family, friends, or co-workers for a Walk!

Walking is a great gift and it doesn't have to cost you a thing! Simply step out of your house or work place and walk down the street for a refreshing break. Even five minutes can make a difference! A walk will help you rev up your metabolism and start burning off the extra calories that come from holiday parties and big family meals. Walking outdoors in the natural environment lifts the spirits, relieves stress, and reduces risk of chronic disease. A short, easy walk is gentle enough for the elderly or those recovering from illness or injury. A walk can be a great activity for kids during their holiday break from school. No kids? Pets love to go for walks, too! When you take someone

for a walk, not only are you giving them the gift of health, you are giving them the gift of your time. In today's busy world, that is a precious thing. And don't forget YOU! A walk by yourself can give you time to relax, clear your head and come back refreshed and ready to enjoy some more holiday cheer!

For a 20 -30 minute walk, the Village of Cuba offers two terrific walking trails right here in town: the Village of Cuba St. Francis of Assisi Park one mile loop trail and the Village of Cuba Library loop trail. For longer, more challenging walks, Cuba Independent Schools Campus has a network of cross country trails that are open to the community and Nacimiento Community Foundation's Fisher Trail, just off Cubita Road, provides access Cuba Mesa. Another option: consider a hike to explore some of the abundant Santa Fe National Forest wilderness we are surrounded with, or jump out on the Continental Divide Trail! Cuba is one of the very few places where this amazing, scenic trail comes close to a town.

This fall we have been blessed with beautiful weather: blue skies, fresh air, and warm sunshine. Perfect walking weather! So, gather your family, dress in layers and sturdy, comfortable shoes, and get outside to take a Holiday Walk!



Healthy Communities

Nacimiento Community Foundation

www.stepintocuba.org

December 2011 Activities Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 AM	Forest Service STRETCHES 45 Minutes	Morning Park WALK 30-60 minutes		Morning Park WALK 30-60 minutes	
10:00 AM		WIC Office STRETCHES 15 minutes		WIC Office STRETCHES 15 minutes	
12:00 PM	Health Center Lunch Break WALK 45 minutes	Senior Center WALK 15 minutes	Health Center Lunch Break WALK 45 minutes	Cuba Credit Union STRETCHES 15 Minutes	
01:00 PM	Cuba Credit Union STRETCHES 15 Minutes	Senior Center WALK 15 minutes	Senior Center STRETCHES 15 Minutes	Senior Center STRETCHES 15 Minutes	
03:30 PM	CUBA Schools Staff STRETCHES 15 Minutes				

For more information, call Anna 575-289-3718, or e-mail: walkingchampion@stepintocuba.org

Six Easy Ways To Be Well In The New Year.

1. Get outside for 15 minutes of sunlight, fresh air, and nature. This is especially important in the winter, when people spend much of their time indoors. Sunlight is still the best source of Vitamin D, fresh air is refreshing, and being surrounded by nature is a proven stress reliever. Reducing stress is important for weight control and chronic disease prevention.



2. Take the time to take a few deep breaths. Most people don't think about breathing, but a few deep breaths can instantly relieve stress and boost brain

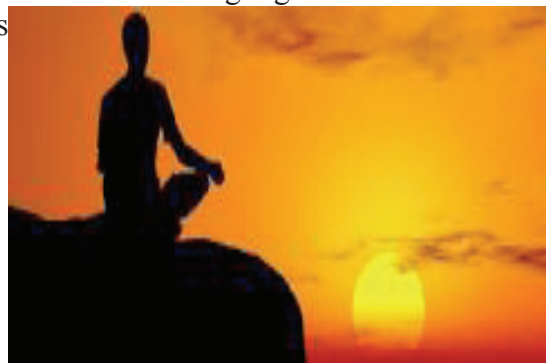


power. Breathing is free, easy and so important that even if you don't make the conscious effort to do so, your body will take over and breathe for you! You can increase your heart rate to warm up in cold weather with deep, fast inhalation/exhalation (as if you had just been running, just be careful not to hyperventilate.) You can also decrease your heart rate to calm down when you get upset or stressed out with deep, slow inhalation/exhalation.

3. Drink water. People often don't drink as much water in the winter season, but dehydration is a real concern in this high, dry climate, especially for children and the elderly. Dehydration can lead to a loss of concentration, painful muscle cramps, and exhaustion. If you don't like plain water, try green or herb tea, such as peppermint, that can be enjoyed hot or cold. NO, coffee and cola do not count as water, because it takes more water to process these substances out of your body than they provide, which actually leads to dehydration.



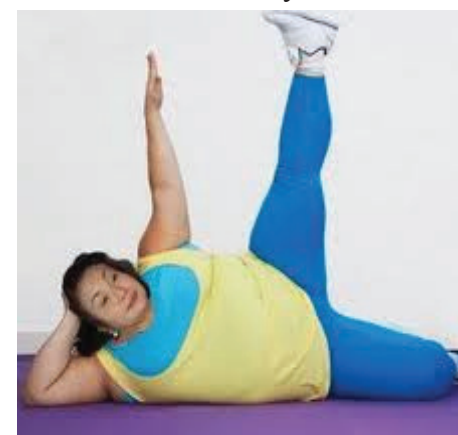
4. Take 15 minutes of rest, contemplation or downtime. Stress is a major contributor to weight gain and chronic disease. If you are not getting enough



sleep at night, a time out during the day can help give you the energy to make it through. If you are feeling exhausted and overwhelmed, you can gain perspective by taking time away for your cell phone, computer, to-do list and the demands of others. Often, a time out can help you realize that

your problems are not bigger than yourself. Then, you may find you are able to give assistance to someone else in greater need. It is very important for mental, emotional and physical well being to be a positive contributor, connected to your community. However, if you don't take the time out to recharge, it can be very difficult to give to others.

5. Get 15 extra minutes of movement. Every moment of movement can help maintain healthy weight and prevent chronic disease. Your body is designed to move. Even 15 minutes of movement can increase your sense of well being and productivity for four hours following. Even if you only do 15 minutes of moderate movement a day, you will have up to a 30% increase in health and wellbeing over those who do none. Walking and gentle stretching are easy, free and safe for almost everyone. Check with your health care provider if you have any concerns before becoming active.



6. Eat complex carbohydrates and good fats: The nutrients in fruits, vegetables, whole grains, nuts, seeds and plant oils like olive and coconut (good fats), are easily absorbed by the body. Consuming more of these foods helps achieve a healthy weight and lowers your risk of chronic disease. Make an effort to add more plants to your diet daily.



It's easier to add a good habit than to eliminate a bad one. Resolve to add one or more of these healthful tips to your routine everyday and

you, too, will feel better in 2012!

Have a Safe, Healthy, Happy New Year!

**BUY
1 PAIR OF GLASSES**

**GET 50% OFF 2nd PAIR
(frame and lenses)**

THE VISION STORE
DR. DEIDRA M CASAS OPTOMETRIC PHYSICIAN

505-771-EYES (3937)
US HWY 550 BERNALILLO, NM
BERNALILLO MARKET SQUARE