



The Step Into Cuba Walking Program is now enrolling for the 2010 Season!

Spring is here, and its time to get back outside and get moving! As many of you know,

walking is one of the easiest, safest, most inexpensive, and most enjoyable forms of exercise. Even if you have health challenges, or have never been physically active, you can develop the habit of walking for your health. Ask your provider at the PMS Health Center for a Walking Prescription, and a referral to the Step Into Cuba Walking Champion.

ANY increase in the amount of walking you do will:

- tone muscles;**
- reduce stress;**
- improve sleep;**
- increase energy;**
- help manage weight;**
- improve brain function;**
- slow the aging process;**
- strengthen bones and joints;**
- improve emotional well being; and**
- reduce the risk of heart diseases, diabetes, and other illnesses.**

Sign up for our 6 Week Walking Plan. Choose your level, track your progress, earn rewards!

- Easy: 30 min/week**
- Breezy: 60 min/week**
- Brisk: 90 minutes/week**
- Lifestyle: 120 minutes/week**
- Challenge: 150 minutes/week**

This FREE program can help you reach your fitness goals!

We will help you choose the level that's right for you; work with you to find time for walking in your schedule; show you where you can walk in the area; connect you with other walkers.

Walking with others helps you stay motivated and on track!

Walking groups are forming now! Invite a friend, family member or co-worker to sign up with you. We can also help you start a walking group in your neighborhood, church, school, seniors' center, chapter house or work place.

Healthy workers are better workers!

Employers! We can help you start a Worksite Wellness program. Find out how this can benefit your business and your employees.

Call (575)289-3718 Ask about the Step Into Cuba Walking Program!

Or email walkingchampion@stepintocuba.org

Check out our website at www.stepintocuba.org

Thank you 2009 Volunteer Watering Group!

Step Into Cuba would like to recognize our Volunteer Watering Group, who, in 2009, demonstrated exemplary citizenship with their care and support of this community: Michelle Allen, Carmen Campbell, Yvette Cordova, Sara D'Alessandro, Sally Davis, JoAnne Hughes, Dick Kozoll, Donna Lovato, Owen Meyers, Julie Pederson, Diane Roberts, Anna Schulte and Elena Snyder, gave hours of their time, each month, from spring through the end of the year, watering the 33 transplanted trees and 250 seedlings in our St. Francis Assisi Park.

Congratulations! You will be delighted to know that your dedication and hard work has lead to a collaboration between Step Into Cuba and the Village of Cuba to to install a drip irrigation system. This system will accommodate all the new New Mexico Forestry Re-leafing trees and shrubs that will be planted in the park this May. It should also help to relieve some of the burden of watering the existing plantings.

Spring is here, starting another great year in the park. See you out there!



**March Walking Groups
Now Forming**



**Sally Davis and friend
water trees in the park.**

Free Yoga Class

Starting March 8th

**Monday and Wednesday
5:15 pm at the Senior Center.**

**A limited number of
yoga mats are available
for those who do not have one.**

**If you are interested
please contact Jan**

@ 505-252-0937



Healthy Communities Spring 2010

Step Into Cuba Walks & Activities Calendar

Look for the 2010 Spring Schedule!

It's a good thing to plant a tree!

Coming in May, 2010

from New Mexico Forestry

100 new trees and shrubs for St. Francis Park in Cuba, NM.
We are now accepting the names of people and organizations
who would like the opportunity to plant a tree in the park.

School groups, church groups, families, businesses, individuals.
All Welcome! Call 575-289-3718 and sign up to plant a tree!



A tree planted today will be of benefit for years to come! Trees can sustain the environment, reduce pollution, increase property value, beautify the area, give shade, and enhance quality of life for all of us.

To exist as a nation, to prosper as a state, and to live as a people, we must have trees"

-Theodore Roosevelt

Brought to you by Nacimiento Medical Foundation, Step Into Cuba 575-289-3718
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