

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 and ask about the Step Into Cuba Walking Program!

Or email walkingchampion@stepintocuba.org

Check out our website at <www.stepintocuba.org>

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 AM	Weekday Adventure WALK 60 minutes		Weekday Adventure WALK 60 minutes		Weekday Adventure WALK 60 minutes
12:00 PM		St. Francis Park WALK 60 minutes	St. Francis Park WALK 60 minutes	St. Francis Park WALK 60 minutes	St. Francis Park WALK 60 minutes
01:00 PM		Senior Center WALK 15-30 minutes	Senior Center WALK 15-30 minutes	Senior Center WALK 15-30 minutes	Senior Center WALK 15-30 minutes
04:00 PM	Cuba Schools WALK 30-60 minutes		Cuba Schools WALK 30 - 60 minutes		Cuba Schools WALK 30-60 minutes


Healthy Communities
www.stepintocuba.org
April 2010 Group Walks Calendar

Call Anna Schulte @575-289-3718 to sign up for a Walk, or e-mail: walkingchampion@stepintocuba.org

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 and supported by Cuba Soil and Water Conservation District and the Village of Cuba