

## What is Work Site Wellness?

A major piece of the Healthy Communities Initiative, brought to you by the Nacimiento Community Foundation, with funding provided by The New Mexico Department of Health, Diabetes Prevention and

Control Program, is to bring awareness and support for work site wellness to Cuba, NM.

A work site wellness program is a program for employees designed to support their health and well-being. Since employees spend an average of 50 hours a week at work and eat about 1/3 of their meals at work, it is important to make the work environment supportive of healthy behaviors like healthy eating, being physically active, managing stress and quitting tobacco. Worksite wellness programs can be organized to plan activities and environmental changes that promote good health, for example:

Eating Smart at work – offer healthy food at staff events, in vending machines and cafeterias

Moving More at work – have walking meetings when feasible, create walking maps, and encourage employees to take the stairs

Managing Stress at work – hold workshops about stress management and organize social events for employees

Quitting Now at work – create smoke free environments and offer tobacco cessation resources for those who want to quit

Studies confirm that employees benefit from work site wellness programs with weight reduction, improved fitness, lower levels of stress and and increased sense of well-being, self-image and self-esteem.

Research also confirms that employers have better recruitment and retention, improve employee relations and morale, reduce their health care costs, and see decreased rates of illness, injuries, and employee absenteeism.

Worksite Wellness is “Win Win!”

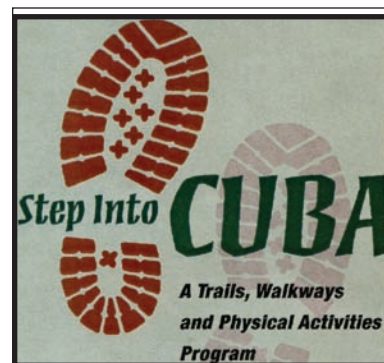
For more information, call 575-289-3718.



## Park Trail Bladed!

From all of us who enjoy walking, jogging and biking at St. Francis Park, a great big THANK YOU to Cliff Sandoval, C Group, for blading our trail! Cliff volunteered his time and equipment to scrape and fill the trail, making a wide, packed surface, free of tripping hazards.

Come out to the park almost any evening (and some mornings) and you will find many of your fellow Cubans engaged in healthy recreation. You can, too! Join us for fresh air, movement, and beautiful views of our mountains and mesas.



## Congratulations!

To the following persons who have met their first 6-week walking goals with the 2010 Step Into Cuba Walking Program:

Barbara Trujillo  
Loretta Jacques

If you have completed your 6-week Step Into Cuba Tracking Sheet, return it to:

6362 Hwy 550, Cuba, NM (Public Health/WIC Building next to the Post Office)

Or Mail to: Walking champion, PO Box 880, Cuba, NM 87013  
Your reward will be delivered to you.

Anyone can sign up for our 6-Week Walking Plan and earn rewards!

Call: 575-289-3718 or e-mail: [walkingchampion@stepintocuba.org](mailto:walkingchampion@stepintocuba.org)

You can also ask your Health Care Provider for a Walking Prescription and a referral.

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 or e-mail: [walkingchampion@stepintocuba.org](mailto:walkingchampion@stepintocuba.org)

Check out our website at  
<[www.stepintocuba.org](http://www.stepintocuba.org)>



## Healthy Communities

[www.stepintocuba.org](http://www.stepintocuba.org)

### August 2010 Walks Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 AM	Weekday WALK 60 minutes		Weekday WALK 60 minutes		Weekday WALK 60 minutes
01:00 PM		Senior Social WALK 15 - 30 minutes	Senior Center STRETCHES 5 - 10 minutes	Senior Center STRETCHES 5 - 10 minutes	Senior Social WALK 15 - 30 minutes
06:00 PM	St. Francis Park WALK 20-60 minutes	St. Francis Park WALK 20-60 minutes	St. Francis Park WALK 20-60 minutes	St. Francis Park WALK 20-60 minutes	St. Francis Park WALK 20-60 minutes

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

# Ride the Sandoval Easy Express