



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 to 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 town.

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!

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



NEW MEXICO
DEPARTMENT OF
HEALTH

DIABETES PREVENTION & CONTROL PROGRAM

Healthy Communities

www.stepintocuba.org

December 2010 Walks Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 AM	Weekday Morning WALK 60 minutes		Weekday Morning WALK 60 minutes		Weekday Morning WALK 60 minutes
12:00 PM	Lunch Break WALK 30 minutes	Senior Social WALK 15 - 30 minutes	Lunch Break WALK 30 minutes		Senior Social WALK 15 - 30 minutes
12:30 PM		Senior Social WALK 15-30 minutes			Senior Social WALK 15-30 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
04:00 PM	Eichwald Center YOGA 20-60 minutes	St. Francis Park WALK 20-60 minutes	Eichwald Center WEIGHTS 20-60 minutes	St. Francis Park WALK 20-60 minutes	Eichwald Center YOGA 20-60 minutes
05:00 PM		Coming in January After Work Workout		Coming in January After Work Workout	

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

Congratulations to everyone for their participation in 2010 Step Into Cuba/Healthy Communities Activities.

You are making healthy lifestyle YOUR lifestyle!

Sring Fun & Fitness Camp: Step Into Summer School: Senior Center Bingo Stretches: Yoga: Weight Training: Walking: Hiking, Tree planting, Tree Watering, and Flowerbed Weeding.

Michelle Allen	Lexie Gutierrez	Julie Pederson
Antawn Antonio	Marisol Hernandez	Barbara Peshlakai
Josiah Aragon	Carlos Herrera	Lars Pinto
Cecilia Atencio	Ramsey Herrera	McRon Pinto Jr.
Felix Atencio	Seth Herrera	Shanna Pinto
Mildred Atencio	JoAnne Hughes	Michelle Price
Jimmy Atkinson	Loretta Jacquez	Stephanie Prieto
Edith Barbone	Rhonda Jacquez	Mikayla Pruitt
Bonita Benko	Christian Jewell	Pamela Ramirez
Mary Birdsong	Floyd Jim, Jr.	Angel Rivera
Carmen Campbell	Beverly Johnson	Jadrien Rivera
Deandre Candelaria	Richard Kozoll	Diane Roberts
Lynda Carol	Sue Largo	Miriam Rodriguez
Earlias Castillo	George Latham	Albina Romero
Gloria Castillo	Tamara Lewis	Patrina Row
Shermen Cayaditto	Tommy Lewis	Judy Salaz
Antonia Chavez	Theresa Linney	Debbi Sanchez
Pepe Chavez	Caleb Linville	Stephanie Sanchez
Brittney Chiquito	Jeanette Linville	Amaya Sandoval
Margarie Chiquito	Marcus Lopez	Clement Sandoval
Esther May Cordova	Donna Lovato	Colby Sandoval
Yvette Cordova	Marcella Lovato	Ella May Sandoval
Chloe Cowboy	Adela Lucero	Rita Schoener
Darrelcia Cowboy	Andrew Lucero	Adam Segura
Darrell Cowboy	Shirley Maestas	Jeremy Segura
Darrolyn Cowboy	Reanna Madrid	Darwin Simpson
Rufina Cowboy	Alzadam Martin	David Smoker
Angela Crespin	Lasiah Martin	Shari Smoker
Jared Crespin	Diana Martinez	Elena Snyder
Kyra Crespin	Nathaniel McCasland	Lisa Spence
Melissa Crespin	Walter McQuie	Diana Suazo
Sara D'Alessandro	Anna Messer	Barbara Trujillo
Reuben Duke	Aaron Messer	Marlo Trujillo
Lola Duran	Jana Lee Meeks	Tanario Trujillo
Carlotta Eichwald	Owen Meyers	Zachanda Trujillo
Jeri Etcitty	Loyola Molina	Elipio Tsosie
Gloria Freelove	Fela Montoya	Gavina Valdez
Ken Fuchs	Don Moore	Kaitlynn Velarde
Rachel Fuchs	Fabiola Morales	Camilo Vigil
Cymonia Garcia	Lucy Morfin	Winona Ward
Helen Garrett	Cord Mounkes	Teresa Woodfill
Becky Gibson	Daniel Neville	Demitria Woody
Pat Givens	Brittney Norton	Marion Woolf
Wiggy Grecian	Virgil Norton	Maya Yazzi
Delando Guerito	Jathan Olivas	MJ Yazzi
Abigail Gurule	Cherone Otero	John Yavornik
Darlene Gurule	Myles Otero	

and all of the PMS Monthly Staff Meeting Stretchers!

2010 A Whole Lot of Working Going On!!!

