



February 2022

Dear Communities,

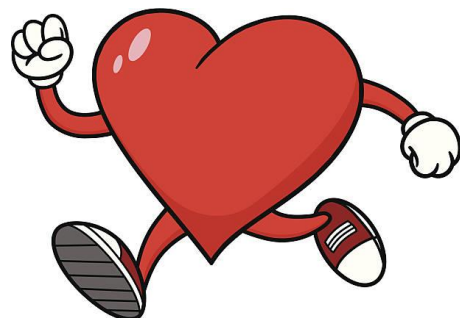
The VIVA Connects team hopes that you are all doing well and finding ways to safely enjoy activities outside. This newsletter has been designed to easily provide the most current and accurate health information to you all, so that you may keep yourselves and your community's safe. Please feel free to share this information with community members and loved ones.



## Move More for a Healthy Heart!

February is National Heart Health Month! Let's all celebrate by getting up and moving this month, eating healthy, and encouraging others to join in to keep our heart and body happy and healthy!

Check out some tips and tricks from NIH on ways to help improve your health.



## Manage sleep and stress, together:

Practicing meditation, being more physically active, doing relaxation therapy, and talking with someone you trust can help you cope with stress and sleep better. Find a friend or family member who shares your goals. Together, take steps to lower your stress and follow healthy sleep practices, like having a regular bedtime and not eating late at night.



Can't carve out a lot of time in your day? Don't **chuck** your goal, **chunk** it! Try 10 minutes a few times a day, for example.



## Only have 10 minutes? Consider:

- ✓ Walking briskly for 5 minutes, turning around and walking back
- ✓ Dancing (standing or seated) to three songs
- ✓ Getting off your bus early and walking the last stretch

## You'll know you're moving enough to help your heart if

- ✓ Your heart is beating faster
- ✓ You're breathing harder
- ✓ You break a sweat



Or, try the talk test:

- ✓ During physical activities, like brisk walking, you should be able to talk, but not sing.
- ✓ During activities such as jogging, you can't say more than a few words without pausing for a breath.



## Eat healthy, together:

When you get fast food, ask for a salad instead of fries, and don't get the "deluxe" sandwich. Start your meal with a salad or appetizer of veggies so you'll have something healthy first. Studies suggest that we tend to eat like our friends and family. Your healthy choices may inspire those around you.



## Be active, together:

Get creative. Invite a colleague to keep you on track. Text each other a reminder to go for a walk or take an online exercise class together. Grab your kids and do jumping jacks, shoot some hoops, or dance. People with friends or family who support their efforts to be physically active are more likely to be successful, studies show.



***Did you know the women experience different heart attack symptoms compared to men?***

Here are the symptoms of a heart attack:

**Women**

- Chest pain, but not always
- Pain or pressure in the lower chest or upper abdomen
- Jaw, neck or upper back pain
- Nausea or vomiting
- Shortness of breath
- Fainting
- Indigestion
- Extreme fatigue

**Men**

- Squeezing chest pressure or pain
- Jaw, neck or back pain
- Nausea or vomiting
- Shortness of breath

American Heart Association®



*What to do when you are experiencing a heart attack*

- Dial 911 immediately, follow the operator's instructions and get to a hospital right away.
- Don't drive yourself to the hospital.
- Try to stay as calm as possible and take deep, slow breaths while you wait for the emergency responders.

All information taken directly from [American Heart Association](#)



Visit the [NIH](#) and the [American Heart Association](#) for more information

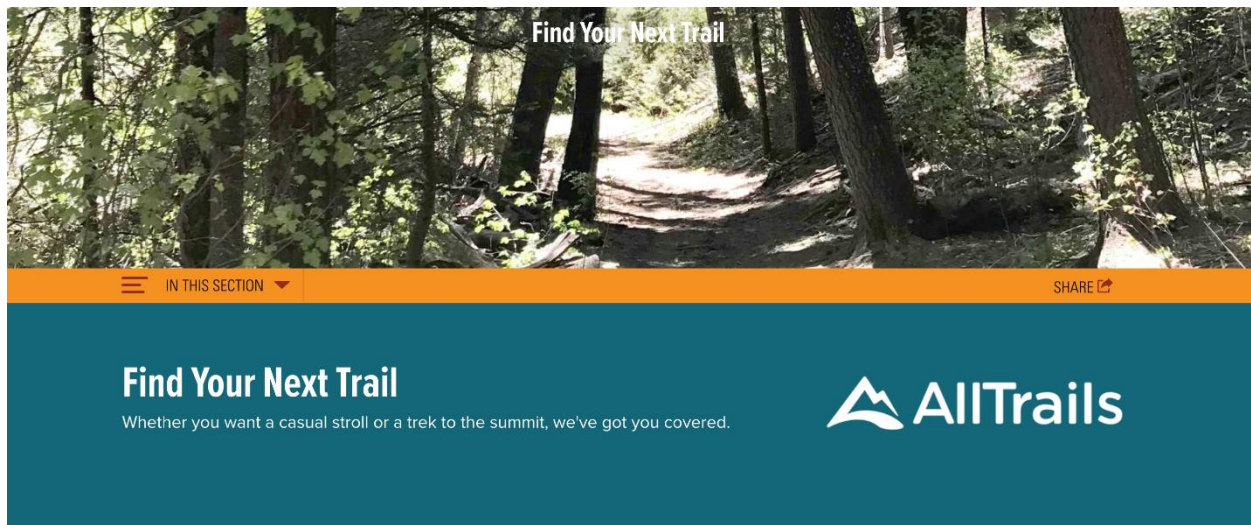
## VIVA Connects walking trails on NM True and AllTrails!

Some exciting news! Over the past year VIVA Connects has formed a partnership with AllTrails and New Mexico True in order to promote our beautiful walking paths to all!

Visit the NM True page to view these lovely trails at <https://www.newmexico.org/things-to-do/outdoor-adventures/find-your-next-trail/>



If your community would like to have your trails added to AllTrails and displayed on the NM True website, please email Laurel at [preventionresearchcenterunm@gmail.com](mailto:preventionresearchcenterunm@gmail.com) and we can work together to get your walking paths online for everyone to view and enjoy!



### Alamogordo



#### Desert Foothills Park Loop

Desert Foothills Park Loop is a 1.3 mile moderately trafficked loop trail located near Alamogordo and is good for all skill levels. The trail is primarily used for hiking, walking, and running. Dogs



*Sincerely,  
The VIVA Connects Team*

Compiled by Laurel Fimbel for VIVA Connects  
Please contact at: [LFimbel@salud.unm.edu](mailto:LFimbel@salud.unm.edu)