



January 2015



12 Tips for Getting Your Workout Routine Back on Track

Workout Tips

1. **Get you workout routine back on track**-Life got in the way and you fell away from your fitness routine; it's no big deal. Many of us have been there before, especially around the holidays, but as long as you're aware of what's happened and are ready to head in the right direction again you've got nothing to worry about.
2. **Identify why you fell off track in the first place**-Identifying what your biggest obstacle was in the past will be the first and most important step to overcoming it.
3. **Make a small lifestyle change**-After figuring out why it was you stopped in the first place make a small habit change, like getting up early or adjusting your workout to help eliminate potential excuses.
4. **Find your focus**-Which is easier for your goals, diet or workout? Both can help you achieve your goals, but sometimes one is easier than the other. If you can't get to the gym as often as you want, focus on dietary changes or vice versa, if you can't get your diet to where you want, focus on your workouts to make up for the diet.
5. **Make part of your workout routine a hobby**-Take up an activity that is fitness related and fun. This can break the monotony of a workout routine.
6. **Avoid the all or nothing mentality**-Instead of taking measures to get back to where you once were, create a realistic workout goal of 3-4 days a week and a sustainable eating plan that includes your favorite treat once a week.
7. **Don't compare**-Don't expect to jump in where you left off. It can be discouraging and make it easy to quit. Set reasonable expectations based on how long you've been away. Start small, then push yourself to work up to & beyond where you were.
8. **Make a plan and write it down**-Having a solid plan is an important part of staying on track. At the start of each week write your schedule down. Include days you'll work out, what you'll focus on, cardio, strength training, yoga, pilates, etc, and your healthy meal and snack option for each day.
9. **Get a buddy to workout with**-Find a friend who's also trying to get back into it, or just a reliable buddy.
10. **Don't try to make up for lost time**-Remember that getting in shape takes time. If you start workouts that are TOO intense you'll increase your risk for injury and trying to make too many changes all at once will likely lead you to feeling overwhelmed. Instead take small steps and remember to keep your workouts fun and exciting.
11. **Easy ways to fit working out into your day**-Find the right workout to fit into your daily routine. Whether it's a 25-minute workout to lose belly fat or a 30-minute after work yoga routine.
12. **Find motivation from within**-Put a picture of yourself at your healthiest on your fridge, your closet or your phone and write down why you want to be there again to remind yourself of the best reason to get healthy.

What's New for 2015

Solid Waste Rate Adjustment

On Jan. 1, 2015, the monthly residential solid waste fee that applies to the standard 96-gallon trash container will increase \$1.48, from \$11.77 to \$13.25. And a new service will be introduced called the Compact Saver, which is a smaller, 64-gallon container that will allow seniors and others who have lower trash volume. Also, Grapppler service will go from twice to once-a-month. Commercial rates will vary. To view the complete rate schedule online, go to: www.las-cruces.org

- Click on Departments.
- Click on Utilities.
- Scroll to bottom of page.
- Click on Rates.

What's Happening

- ◇ **Jan. 12, 2015** - Paso del Norte Health Foundation RFP Healthy Eating and Active Living (HEAL) Workshop 9:30-11:30 a.m. Thomas Branigan Library, Roadrunner Room, 200 E. Picacho Ave. Please RSVP to Claudia Luevano at (915) 544-7636 or cluevano@pdnhf.org
- ◇ **Jan. 18, 2015** - Las Cruces 5K/ Half Marathon, The Biggest Loser Run Walk. For more information: www.lascrucescvb.org/biggestloser
- ◇ **Jan. 30, 2015** - DOH-HKNM & PED are co-conducting a training on School Wellness Policy. The training for Las Cruces will be Fri. 1/30/15 8:30-12:00 p.m. at Las Cruces Public Schools Admin. Board Room. School Districts should be informed in updating their wellness policies.

Happy New Year

Built Environment

Improvements

La Llorona Park Trail Improvement

The project will reconstruct 1.1 miles of the existing trail from La Llorona Park to the Las Cruces Outfall Channel Trail that was recently completed. The existing gravel trail surface will be removed and replaced with a permeable, durable surface that will allow storm water to recharge the water table adjacent to the trail. The project will also include additional trail amenities like benches and dog waste stations, and will provide users with a more skid-resistant surface that will reduce future maintenance costs.



Burn Lake Improvements

Two major projects are underway at Burn Lake. Phase II Landscape Improvements includes an observation deck that extends into the lake area, new picnic structures, new trees and other landscaping, upgraded walkways, new retaining walls and paved parking. The other project is Phase VII of the El Molino Flood Control Project. It consists of expanding the existing ponding facility adjacent to Burn Lake. The \$900,000 improvement is scheduled to be completed by the end of the year.



Families & Community

Teen Mobile Unit

The City's Parks & Recreation Department continues to expand services by purchasing and developing a Teen Mobile Unit (TMU) to extend recreational programming into the community. The TMU will be used for a variety of purposes to support teen activities involving music, sports, contests, tournaments, entertainment, fitness and other programs. For more information call 541-2550



Happy New Year

Food System

Quick Tips to Detox after the Holidays

- ⇒ Supplements-Every now and then, the body requires supplements to tide over nutritional deficiencies.
- ⇒ Lemon Water-Lemons are great source of vitamin C and help detox the body and burn fat.
- ⇒ Cabbage-Cabbage is know for its digestive cleansing properties, so having it will do your liver some good. It also has cholesterol-lowering properties when boiled or steamed.
- ⇒ Fresh Fruit-A great source of vitamins, antioxidants and dietary fibre.
- ⇒ Artichokes-Helps keep the liver and gallbladder functioning well.
- ⇒ Ginger & Garlic-An anti-inflammatory, ginger is also know to be good at eliminating gas. Garlic might suppress fat cells being formed in the body.
- ⇒ Greens-Green leafy vegetables boost chlorophyll levels in the digestive tract.

Education System

LCPS ASKING FOR RESPONSE TO COMMUNITY SURVEY

The Las Cruces Public Schools wants community residents to give the school district a letter grade, A-through-F, on how well they believe the district is achieving its educational mission. This is one of the questions included in the school district's annual community survey.

Jo Galvan, director of LCPS communications, said the online survey will be available to the public through January 4, 2015 at the following Internet address: <http://www.k12insight.com/LCPS/community>. Galvan said the survey takes about 10-13 minutes to complete and will give good feedback to the school Superintendent and Board of Education.

"All responses are confidential so we encourage the public to feel free to be open and honest in their answers," Galvan said. "There is also a space where residents can give LCPS specific comments, advice or suggestions for improvement."

Galvan said one section of the survey asks residents how they currently get information about the schools and which way they would prefer to get information.

"There are many methods used by the schools to get information to parents and the public, such as e-mail, the LCPS website, social media, newsletters, the news media, and letters," Galvan said. "We will track the survey results to see what tools residents use when they're looking for information about their child's school or about the district."

Other survey questions are focused on the community's level of agreement or disagreement with statements such as, "A good school district should help prepare children to enter kindergarten ready to learn;" and "A good school district should provide opportunities to take college-level coursework at the high school level," and "I believe that LCPS schools promote parent involvement in students' education."

There are also questions on the quality of teachers, how wisely the district uses its budget and whether LCPS provides a safe environment for students.

Even though the schools and administration are closed for the holidays, the survey is active online throughout the winter break, officials said.

For more information, contact Jo Galvan, LCPS director of communications, 575.527.5811, jgalvan@lcps.k12.nm.us