



¡Salud Sol!

HCHS/SOL Newsletter

Volume 2, Number 5

Hispanic Community Health Study (HCHS) / Study of Latinos (SOL)

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Connect with SOL

Dear SOL Participant,

We hope you enjoyed our previous newsletter on the metabolic syndrome. This edition will focus on the importance of physical activity in our everyday lives.

In today's world, people's life style has dramatically changed. Walking distances or using stairs has been replaced by driving and using the elevator. In this edition of the SOL newsletter, we are presenting important information on physical activity, which you may find useful to incorporate into your daily routine.

The SOL team is continuously working to provide you important health information. Please contact your study site with ideas for future newsletter topics.

As always, we want to stay in touch with you!

Dr. Gregory Talavera
Principal Investigator



Sites Community Events

FAMILIA SANAS Y ACTIVAS

FREE!!!

*Exercise programs in
San Ysidro and
Chula Vista.*

*Aerobics, circuit
exercises, senior classes,
zumba, dance classes
and more!*

*For more information, call
Jazmin Nuno at
619-662-4100 ext. 6950*

ACADEMIA FIT

FREE!!!

*Exercise classes in Chula
Vista, Imperial Beach
and San Ysidro starting
in September, including:
boot camp, dance, yoga
and kickboxing.*

*For more information,
call Liz Mejia at
(619) 594-5398*

CHULA VISTA HEALTH AND COMMUNITY SUMMER EXPO

FREE!!!

health screenings

*Saturday, July 17, 2010
11:00 a.m. to 3:00 p.m.
690 Otay Lakes Road, Ste.110
Chula Vista, CA 91910*

*For more information,
call (619) 421-0444*

Physical Activity

Did you know?

Physical **inactivity** increases your risk of developing heart disease.

Physical **activity** is any activity that requires you to move your body.

Why should you be physically active?

Physical activity can help you:

- Control your weight
- Decrease your risk for type 2 diabetes and metabolic syndrome
- Raise your “*good cholesterol*”
- Control your blood pressure
- Lower your risk of some cancers
- Strengthen your bones and muscles
- Improve your sleep
- Relax, cope better with stress, and give you more energy
- Increase your chances of living longer

How much time should you spend being physically active?

For health benefits, physical activity should be **moderate** or **vigorous** and add up to at least 30 minutes a day or 150 minutes a week and muscle strengthening exercise 2 days a week.

Consult with your doctor before beginning a new physical activity routine!!

What is moderate physical activity and what is vigorous physical activity?

When your heart rate increases and you break a sweat, it means you're in moderate or vigorous mode!

Moderate physical activities include:

- Walking quickly
- Bicycling (on flat surfaces)

Vigorous physical activities include:

- Running/jogging
- Bicycling (on a hilly terrain)

Muscle strengthening activities include:

- Lifting weights
- Doing exercises that use your body weight for resistance (like push ups and sits up!)

What can you do to increase physical Activity in your daily routine?

It's fun and easy! If you take a brisk walk for 10 minutes, or any activity mentioned above you would reach 150 minutes per week!

Simple changes can make a big difference!

- Take the stairs instead of the elevator
- Walk your dog
- Play with your kids
- Dance to your favorite music
- Play your favorite sport

The information used in this newsletter was obtained from the Centers for Disease Control. For more information visit <http://www.cdc.gov>

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