



# ¡Salud Sol!

## HCHS/SOL Newsletter

Volume 2, Number 5

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

### Inside this issue:

Introduction	1
Community Events	1
Physical Activity	2

### **Bronx, New York**

Albert Einstein  
College of Medicine at  
Yeshiva University  
1-718-584-1563

### **Chicago, Illinois**

Northwestern  
University  
University of Illinois  
at Chicago  
1-866-551-7882

### **Miami, Florida**

University of Miami  
1-305-243-1828

### **San Diego, California**

San Diego  
State University  
1-619-205-1923

### **Coordinating Center**

University of  
North Carolina  
1-919-962-3254

### **Sponsors**

National Institute of  
Health (NIH)  
National Heart, Lung  
and Blood Institute  
(NHLBI)  
1-301-435-0450

[www.saludsol.net](http://www.saludsol.net)

## 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 Walking distances or using stairs has been replaced by driving and using the elevator.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>

San Diego State University Research Foundation  
Center of Behavioral and Community Health Studies  
Hispanic Community Health Study/Study of Latinos  
9245 Sky Park Court, Suite 110  
San Diego, CA 92123