



New Mexico *Office of African American Affairs*

BLACK HEALTH STARTS WITH A SINGLE STEP

Connect with the community to take steps towards better health

Black people continue to be trailblazers in their industries and constantly achieve amazing accomplishments. Even with these amazing achievements sometimes health is put on the back burner. And just like the amazing achievements achieved in different industries sometimes great feats are achieved by starting with a single step.

Big or small, we encourage you to take that step to improve your health. We know you can do it! As you continue to read, actively think about what strategies you can implement and when would be the best time for you to implement them.

Goal setting is a great way to achieving a healthier you. When setting those goals, think of others that you can connect with that can help you improve your habits around health. Here are some first-step goals that can get you on the right track to being healthier.

- Walking for 30min a day. Although it may not seem like much, it's a great way to get into a routine and put you on the right track for being healthier.
- Walk your walk. Sometimes it can get stressful and overwhelming looking at the workout accomplishments of others. Try to focus on yourself and your goals for staying healthy and active.
- Walk-in groups. Walking with others can help motivate you to walk.

When implementing these strategies, be intentional about how you implement them. What time of the day is best to do your walk? Where would be a fun and safe place to walk. Whom can you walk with? Are you all willing to hold each other accountable when walking? These are just some questions that can help you get on the right track and get started.

We encourage you to get moving. Continue to strive for a healthier you. Your health is very important and can influence how you navigate your life. Take the time to prioritize your health and take that first step towards a healthier you.

Articles around the topic of benefits of walking and doing it with others:

References:

<https://www.betterhealth.vic.gov.au/health/healthyliving/walking-for-good-health>

<https://www.shape.com/fitness/cardio/wont-share-running-pace-instagram>

<https://www.reuters.com/article/us-health-walking-groups/group-walking-may-have-many-benefits-few-harms-idUSKBN0L92N720150205>



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Colin Powell



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