The Border Coalition for Fitness aims to promote physical activity throughout El Paso by partnering with stakeholders to provide education, walking challenges, and encouraging residents to use parks and other outdoor resources.

Find us on Facebook @bordercoalitionforfitness

2020 10,000 Steps for 100 Days Highlights

Congratulations to all finishers of the 2020 10,000 Steps for 100 Days walking challenge! From Oct. 1, 2020, to Jan. 8, 2021, challengers worked rigorously and achieved the 10,000-step mark for over three months, ultimately reaching over 1 million steps. We had 650 challengers start at the beginning, and 134 crossed the finish line. Out of the three challenges we host, this fall challenge is considered the hardest, so give them a big round of applause. Our next challenge is a team challenge and starts in April - see Page 3 for more information.
Bordering on Amazing

We had a tremendous amount of stories from El Paso. El Paso and the people that live in this city never cease to amaze us at the Border Coalition for Fitness. Here is just a sampling of what was shared with us.

Gera Alvarez
TTUHSC El Paso

How often do you play soccer and how do you make it a part of your regular routine?
Before COVID-19, I would play every Sunday in the adult league, but I would teach soccer almost every day. Playing and coaching soccer is my favorite stress reliever, so I make sure to allocate the time in my day to make it happen. After a stressful or plain-out rough day, kicking the ball around just takes me to my happy place.

What tips would you provide to someone who would like to get started, but they are not sure how?
The best advice I can offer for someone who would like to get started is to join a local team, or go to the park and I guarantee others will want to join! Soccer is enjoyable from the very first time the ball touches your feet!

Norma Wong
Owner of Shanti Yoga

What do you enjoy the most about your practice and studio?
I enjoy still being a student, learning more about the philosophy of yoga, and adding new yoga tools to my personal practice to then share with my students. My yoga practice evolves as I evolve. What I love most about our Shanti Yoga studio is that it has become a second home to our students. A space to feel safe, empowered and sometimes a space to be vulnerable and help them organize and deal with their lives.

What would you tell others who are interested in getting started?
Start where you are. Part of the yoga practice is to be humble and be comfortable with being a beginner. Don’t be intimidated by what you see on Instagram posts; some of those amazing postures by inspiring yogis are not what you are expected to do in a physical yoga class. Start today, seize the day.

Chris Avena
Manager at 9Round Fitness

What are the benefits of circuit kickboxing that someone may not obtain from other forms of kickboxing?
Circuit kickboxing, like the workouts provided at 9Round, has many benefits to those trying to lose weight or just develop a healthier lifestyle. They are very convenient and only take 30 minutes to complete while still burning around the same number of calories it would take you to run 3.5 miles. Another benefit to circuit kickboxing is that not only will you be doing boxing and kickboxing, but you will also be performing exercises that will focus on giving you a full-body workout. And because workouts at 9Round change every day, it keeps it fun and enjoyable!

Resource Highlight: Hidden Valley Park

Hidden Valley Park - aka Cowboy Park - is a wonderful neighborhood park with all sorts of amenities located in Lower East El Paso at 200 Coconut Tree Lane. Aside from its unique playground architecture, like the scorpion-like structure in the picture, the park provides basketball courts, a baseball field, open park space, picnic tables and a splash park. Though the splash park is temporarily closed, this location is great for families and children. The City of El Paso would like to remind users to practice social distancing and wear masks.
ASK THE EXPERT: Exercise and COVID-19

Should someone who was not active before COVID-19 start to become active now? If so, what kind of things should they keep in mind?

The first thing you need to find out is if you have any medical reason that will restrict you from performing any kind of exercise. Your medical provider should be able to help you on this matter. Any exercise routine that you will start always begins with the easiest schedule possible and progressively increases to a level that leaves you willing to exercise the next day. Avoid over-training and avoid getting injured. One of the main reasons why people stop exercising is because they get injured. A combination of aerobic, such as running or walking, and anaerobic exercise, such as light weightlifting, is ideal for most people.

COVID-19’s most obvious effect on the body is pulmonary distress. How might regular exercise help mitigate some of COVID-19’s effects on the lungs, if someone does get sick?

You will need to receive advice from your medical care provider to provide you with the proper rehabilitation regimen based on how much injury to your lungs occurred during the infection. Strengthening your respiratory muscles by performing specific exercises will be useful, but again, you need to check with your provider if that is possible for you. Of course, avoid any smoking, vaping or inhaling any other toxic substances, especially at this particular this time.

What's Next: Walk the Walk Team Challenge

It’s time to announce our next walking challenge – are you ready!? We are so excited to be hosting our Walk the Walk Team Challenge this year after an unprecedented cancellation in 2020. This challenge involves building a team of 10 members, encouraging each other to get your steps in and seeing which team gets the most steps. Our participants are super eager for this one, so start forming your team! The event starts April 1 and ends April 30. Scan the code to the left for registration, or contact us at elpasowalkingchallenge@ttuhsc.edu!

Pasos Para Prevenir Cancer

Check out our live demos on our other page – Pasos Para Prevenir Cancer

- **Tuesdays**- Facebook Live class at 10 a.m. on preventing obesity and cancer.
- **Wednesdays**- Facebook Live cooking demo at 3 p.m. with trivia and recipes.
- **Thursdays**- Facebook Live exercise class at 10:30 a.m. with exercise facts, demonstrations and trivia.

Go to Pasos Para Prevenir Cancer

The next Border Coalition for Fitness meeting will be announced. If you would like to host this meeting, or if you are interested in being part of the Border Coalition for Fitness, please email elpasowalkingchallenge@ttuhsc.edu.