



# City of Albuquerque

## EAP Newsletter

*“The City of Albuquerque’s most valuable asset is its employees!”*

Spring 2023

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### Helpful Links for you and your family:

#### **Additional Wellness Resources:**

##### [Better Health Program](#)

Click the link to view the Better Health Program webpage, which contains information and opportunities for employees to improve their wellness!

##### [8 Strategies for a Healthy Spring](#)

Click here to read an article from the CDC on 8 tips for being healthy this Spring

##### [Spring Clean Your Health](#)

This article discusses 9 tips for “spring cleaning” your health habits

### All of You

By Dave Pulliam, EAP Health and Wellness Coordinator



Are you doing enough for your workouts? Are you doing all you can do, to be all you can be? That is a subjective question. We could all do more. We could work harder and put in more time. With the warmer weather and more daylight after work, we see more people out and about, being active and improving their health. More people are walking or running, picking up a racket or joining a team. But are you doing enough to make your workouts more enjoyable? Safer? Enough to turn them into something you can enjoy for years to come?

Just a little addition can make a big difference. Professional athletes, people in peak physical form, spend a large amount of their training working on supportive systems like core strength, flexibility and balance. Someone who spends the majority of their day at their desk, driving a vehicle or doing any singular task the bulk of their day may want to consider investing a little time to round out their activities.

If you like to run or walk, consider a few minutes of stretching at the end. Or, try swimming once a week for an activity that will involve the upper body. Light strength work can also be a great addition. Even 20 to 30 minutes twice a week can have a great impact. Emphasize large muscle groups in compound exercises. Think bench press or dumbbell press, Lat pulldowns or rows, squats or lunges. Body weight exercises will also be a great addition, and can be performed anywhere. And don’t forget to strengthen your core. You don’t have to push heavy weights, but including your entire body will make your walking or running easier and safer.

If you like to lift weights, don’t skip body parts. We have all seen that one person who never does a leg day. But it applies to all your parts. A strong core will help with all your lifts. Flexibility will also help, and help prevent injuries. Cardio work will not only help your heart, but will increase the oxygen carrying ability of your blood.

If sports are your thing, a little cross training will not only help your performance, but will make your activity safer. Sudden quick bursts of motion can easily strain your body, but a balanced system will tolerate them better.

## ***Crisis Management Resources:***

**AGORA CRISIS CENTER**  
1-866-HELP-1-NM

**NEW MEXICO CRISIS AND ACCESS LINE**  
1-855-NMCRISIS

**SUICIDE PREVENTION LIFELINE**  
1-800-273-TALK

**NATIONAL DOMESTIC VIOLENCE HOTLINE**  
1-800-799-SAFE

**HOPELINE: CALL OR TEXT**  
1-877-235-4525

## ***We'd Love to Hear From you!***

***Please call or email us for more information on our program or to set up an appointment! Our contact info is below!***

**Phone (8am-5pm):**

(505) 768-4613

**Email:**

eap@cabq.gov

**After Hours Phone (M-F, 5pm-8am, and on weekends):**

Call the EAP main number at 505-768-4613 and you will be forwarded to our dedicated crisis line

If you don't like one particular activity, try a little of them all. You can get well rounded benefits, and you are less likely to get quickly bored.

Yoga is one activity that can help round out any routine. It will help develop flexibility and balance, as well as strengthen your supportive musculature. We now have classes Monday and Wednesday at the APD gym starting at noon. If you would like to utilize the APD gym for working out or to attend yoga classes, you **MUST** have a fitness evaluation with the EAP and sign a waiver first. To do so please call our main number to set up an appointment (listed below). To find out more about purchasing and attending yoga classes please click [HERE](#).

As we age, having a well-rounded activity plan becomes even more important. Many of our aches, pains and injuries can be directly related to weaker core muscles, lack of flexibility, muscular imbalance and overuse. Including activities in your workouts now will help the older you.

Whatever your workout routine today, adding just a few steps can help take care of the entire you. And it will help you stay active into the future.

The City of Albuquerque also offers many wonderful health and wellness programs for its employees. Check out the BetterHealth Program webpage to see what kinds of initiatives and programs are being offered that might help you round out your wellness routine (link to this webpage is on the first page of this newsletter on the left-hand side). For more info on the BetterHealth program you may also reach out to [betterhealth@cabq.gov](mailto:betterhealth@cabq.gov).

The EAP is here to help you to reach your wellness goals. In addition to fitness assessments and access to the APD gym, we can also provide ergonomic assessments, counseling for employees and eligible family members, training and more. We are here to assist you on your journey to wellness both in mind and body! To schedule an appointment for any of the services that the EAP offers, please call our main number at **(505) 768-4613**, or send us an email at [eap@cabq.gov](mailto:eap@cabq.gov). You can also access our webpage [here](#).

Wishing you happiness, health, and well-being in mind and body this Spring!

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### **Inspirational Quote:**

*"You're only here for a short visit. Don't hurry. Don't worry. And be sure to smell the flowers along the way."*—**Walter C. Hagen**

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**Thank you for reading! Please stay safe and healthy out there!**