



Runners and walkers head out at the start of the 5k run and 1-mile walk at UMC's Health Start 2019.

Health Start 2019 A Huge Success For Fitness, UMC

Health Start 2019, the second annual event to get El Pasoans started toward better health and fitness, proved to be a resounding success at UMC West on Feb. 2.

This year's event featured more vendors, more people and more fun, seeding growth for an even bigger Health Start 2020. More than 500 people attended the event featuring a 1-mile walk and 5k run that got started on a beautiful El Paso morning in the upper-40s.

This year again included UMC departments and health management vendors, but new vendors that joined the event stole the show, such as Stretch Zone El Paso, The Vitamin Shoppe, Hawaii

Kravings, Wolves Den Gym, Texas Kids Dental, Steel Temple Fitness, Sprouts, Anytime Fitness, and many more!

One of the biggest beneficiaries of the event was the new UMC West Clinic. Many families and other El Pasoans for the first time got to see the large, beautiful clinic in west El Paso and the possibility it holds as a nearby new medical home and pharmacy.



You may recognize the trophy-holding runner in the middle. He's Armando Meza, M.D., of Texas Tech Physicians and UMC. He posted the second fastest time in the 5k. Congratulations, Dr. Meza!

Many El Pasoans and UMC Associates, along with their families, spent the morning visiting vendors and taking advantage of the free health screenings, such as vision checks, blood pressure, blood sugar tests, and more.



A youngster gets a face-painted makeover before Health Start 2019.



A young race participant gets an up-close look at bugs common in the El Paso region.

The atmosphere was electric. The crowd was huge and the smiles were wide. El Paso's Up and Running (a local race/sports vendor) again organized the races while vendors gave samples, performed demonstrations, painted faces of kids, and helped participants get limber with stretching demonstrations.

Other hits of the event were UMC's West Texas Regional Poison Center and El Paso Children Hospital's "goop" making for kids. The Poison Center brought scorpions, tarantulas and other bugs and critters to display, attracting hundreds of visitors.

With Health Start 2019 now complete, it is clear that many El Pasoans want to take ownership of their future wellness – and planning for UMC's Health Start 2020 is already under way.

Former El Paso County Judge Ruben Vogt Joins UMC

Former El Paso County Judge Ruben Vogt has joined UMC as our hospital's first Director of Government Relations. Ruben will be working on and monitoring all issues affecting UMC during the Texas legislative session.

"Issues affecting UMC at the Texas Legislature require someone from UMC who has immediate familiarity with leaders in our local, state and federal delegations and Ruben is the ideal choice for this new role," said Jacob Cintron, UMC's President & CEO. "He gives UMC immediate contact with those who affect laws and planned legislation in our state. He knows UMC, he knows El Paso, and he will be a strong advocate for the community and patients we serve. We are all lucky he joined our team to help us shape tomorrow's healthcare for our community."



Ruben Vogt

Ruben served as County Judge after Veronica Escobar stepped down to run for Congress.

About The Pulse:

The Pulse newsletter is a product of the UMC Public Affairs office and features news briefs and updates from around our campus. It is distributed to our El Paso community. If you have an item that you would like to have considered for The Pulse, email it to [Ryan Mielke, UMC Director of Public Affairs](#).