Free Exercise Classes

**JULY**

### On Television
- **El Cerrito***
  - 6:30 a.m. - 6:45 a.m.
  - 7:30 a.m. - 7:45 a.m.
  - 8:30 a.m. - 8:45 a.m.
  - 9:30 a.m. - 9:45 a.m.
- **Hidalgo***
  - 6:30 a.m. - 6:45 a.m.
  - 7:30 a.m. - 7:45 a.m.
  - 8:30 a.m. - 8:45 a.m.
  - 9:30 a.m. - 9:45 a.m.
- **Los Fresnos***
  - 6:30 a.m. - 6:45 a.m.
  - 7:30 a.m. - 7:45 a.m.
  - 8:30 a.m. - 8:45 a.m.
  - 9:30 a.m. - 9:45 a.m.
- **Rio Hondo***
  - 6:30 a.m. - 6:45 a.m.
  - 7:30 a.m. - 7:45 a.m.
  - 8:30 a.m. - 8:45 a.m.
  - 9:30 a.m. - 9:45 a.m.

### In Person
- **Brownsville***
  - **Combes***
    - 6:30 a.m. - 6:45 a.m.
    - 7:30 a.m. - 7:45 a.m.
    - 8:30 a.m. - 8:45 a.m.
    - 9:30 a.m. - 9:45 a.m.
  - **Harlingen***
    - 6:30 a.m. - 6:45 a.m.
    - 7:30 a.m. - 7:45 a.m.
    - 8:30 a.m. - 8:45 a.m.
    - 9:30 a.m. - 9:45 a.m.
  - **Los Indios***
    - 6:30 a.m. - 6:45 a.m.
    - 7:30 a.m. - 7:45 a.m.
    - 8:30 a.m. - 8:45 a.m.
    - 9:30 a.m. - 9:45 a.m.
  - **Laguna Vista***
    - 6:30 a.m. - 6:45 a.m.
    - 7:30 a.m. - 7:45 a.m.
    - 8:30 a.m. - 8:45 a.m.
    - 9:30 a.m. - 9:45 a.m.
  - **Manigualta***
    - 6:30 a.m. - 6:45 a.m.
    - 7:30 a.m. - 7:45 a.m.
    - 8:30 a.m. - 8:45 a.m.
    - 9:30 a.m. - 9:45 a.m.
  - **San Benito***
    - 6:30 a.m. - 6:45 a.m.
    - 7:30 a.m. - 7:45 a.m.
    - 8:30 a.m. - 8:45 a.m.
    - 9:30 a.m. - 9:45 a.m.

### Inside

#### HEALTHY SUMMER SNACKS
- **Mini-pizza** (tomato sauce and cheese melted on crackers)
- **Apple slices** with string cheese or peanut butter
- **Low-fat yogurt** topped with fresh fruit and granola
- **Cucumbers** or red peppers with low-fat dip
- **Frozen grapes** or bananas
- **Baked whole-grain tortilla chips** with bean dip or veggies, salsa, and shredded cheese

Dip the chips this summer and aim for easier, healthier snacks that your entire family are sure to enjoy!
PATRICIA CORONADO
Support, that is the number one thing so as long as you have a good support group this can work, and it does work!

This month’s Healthy Living Role Model is Patricia Coronado, who is pre-diabetic and participates in an Employee Wellness Program with her employer, Rio Grande State Center.

Speaking highly of the benefits of achieving a healthier life as a group, Patricia feels there are misconceptions as to why someone may not want to join, “A lot of times people don’t participate because they look at it as a diet, this is not a diet, it is a change in your life as far as meals.” Patricia goes on to explain that, “Support has a lot to do with it... the people in our group provide a lot of support... we communicate a lot about what eat every day.”

Patricia has found her biggest obstacle to be when she goes out to eat, stating, “Before joining this program I really didn’t know what option I had to choose, what foods had more calories at restaurants.” Now she makes it a point to prepare ahead of time, planning out what she will eat and meal options before stepping foot into a restaurant.

Describing her personal goals, Patricia hopes that a year from now her physician will either lower her dosage or remove her medication completely and wants to hear that, “I have good levels and I’m not going to have to worry any more that I have diabetes.”

PROTECT YOUR FAMILY WHILE OUTDOORS THIS SUMMER!

Use sunscreen (reapply every 2 hrs.)

Stay in the shade & keep exposed skin covered

Wear sunglasses

Wear a wide brimmed hat

Drink plenty of water

Check for ticks after being outside

Use a good insect repellent

Look for one of the following active ingredients: DEET, Picaridin, IR 3535, oil of lemon eucalyptus

Insect Repellent

Source: Center for Disease Control

Healthy Recipe: Beet & Greens Quesadillas

Ingredients:

1 tbsp vegetable oil
1/2 medium-size onion, sliced thinly
1 unpeeled beet, sliced very thinly
1 bunch 4 to 5 cups beets greens, chopped finely
1 tsp chili powder
1/2 tsp ground cumin
1/2 tsp dried oregano
1/2 tsp salt
2 tbsp water
6 (8 inch) or 3 (10 inch) tortillas
1 heaping cup of Monterey Jack or cheddar cheese

Preparation:

1. Heat the oil in a 10 or 12 inch skillet. Add the onion and beet, and sauté over medium-high heat for about 6 minutes, stirring often.
2. Add the greens, chili powder, cumin, oregano, salt and water, and stir until the spices and salt are well distributed. Cook over medium heat for 2 to 3 minutes, or until the vegetables are soft and all the water has evaporated.
3. Transfer the cooked vegetables to a bowl, then wash and dry the skillet. Heat the clean skillet over medium-low heat and oil lightly.
4. Lay a tortilla in the pan, then spread about 2 tablespoons of cheese over half of the tortilla.
5. Cover the cheese with 2 to 3 heaping tablespoons of the cooked vegetables. Spread another tablespoon of cheese over the vegetables, then fold the tortilla in half and flip it with a spatula.
6. Cook for 1 to 2 minutes on each side, until the tortilla is nicely browned and the cheese is melted through.

Summer activities that quickly burn 50-60 calories

<table>
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<tr>
<th>Activity</th>
<th>Minutes</th>
<th>Calories Burned</th>
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<tbody>
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<td>50</td>
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<tr>
<td>vacuum</td>
<td>13</td>
<td>54</td>
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<tr>
<td>golf</td>
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<td>54</td>
</tr>
<tr>
<td>wash a car</td>
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<td>54</td>
</tr>
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<td>mow the lawn</td>
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<td>52</td>
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<tr>
<td>clean a garage</td>
<td>10</td>
<td>59</td>
</tr>
<tr>
<td>go for a walk</td>
<td>12</td>
<td>55</td>
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</tbody>
</table>

(Information based on a 150 pound person)

Source: Huffpost Healthy Living