

# Your Health Matters!



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## Continue your healthy living goals!

Just because The Challenge ends at the finale, this does not mean that it should end for you. You can still keep working towards your healthy living goals. Remember small changes add up over time! We will also be providing ongoing support through social media, free exercise classes, and other activities.



**20** Saturday  
**16** April 16  
 9 AM To Noon

DOWNTOWN BROWNSVILLE



# Free Exercise Classes

Find a location near you!!!



### Combes

**Exercise Class**  
**Location:**  
 Community Center  
 21646 Hand Rd.  
 Combes, TX  
**Dates & Time:**  
 T, W & TR  
 9:30-10:30 A.M.  
 M, T, W, TR  
 5:30-6:30 P.M.  
 &  
 6:30-7:30 P.M.  
 Contact: Ashley  
 at (956) 423-3905

### Harringen

**Exercise Class**  
**Location:**  
 "Las Castitas"  
 3567 W. Business 83  
 Harringen, TX  
**Dates & Time:**  
 Monday & Wed  
 9:00-10:00 A.M.  
**Location:**  
 Harringen Outreach  
 Center  
 1102 S. Commerce  
 Harringen, TX  
**Dates & Time:**  
 Tuesday & Thursday  
 9:00-10:00 A.M.  
 Contact: Adriana  
 at (956)367-3701  
**Location:**  
 Abundant Life Church  
 101 N. O St.  
 Harringen, TX  
**Dates & Time:**  
 M & W  
 11:30 A.M.-12:30 P.M.  
 Contact: Raquel  
 at (956) 243-6821

### Los Fresnos

**Exercise Class**  
**Location:**  
 Memorial Park  
 900 N. Arroyo Blvd. Los  
 Fresnos, TX  
**Dates & Time:**  
 Monday-Friday  
 8:30-9:30 A.M.  
 Monday & Wednesday  
 5:30-6:30 P.M.  
 Contact: Christine  
 at (956) 407-3348  
**Location:**  
 213 Olive Blvd.  
 Los Fresnos, TX  
**Dates & Time:**  
 Monday-Friday  
 8:00-9:00 A.M.  
 Contact: Carolina  
 at (956) 346-9005

### Los Indios

**Exercise Class**  
**Location:**  
 Los Indios  
 Community Bldg.  
 309 Heywood St.  
 Los Indios, TX 78667  
**Dates & Time:**  
 Monday-Thursday  
 10:00-11:00 A.M.  
 Contact: Denise  
 at (956) 399-4255

### Port Isabel

**Exercise Class**  
**Location:**  
 Community Center  
 213 Yturria St.  
**Dates & Time:**  
 Monday, Tues. &  
 Thurs.  
 6:00-7:00 P.M.  
 Contact: Cecilia  
 at (956) 266-2231

### Rio Hondo

**Exercise Class**  
**Location:**  
 Civic Center  
 121 Arroyo Blvd  
**Dates & Time:**  
 Monday & Wednesday  
 6:00-7:00 P.M.  
 &  
 Tuesday &  
 Thursday  
 9:00-10:00 A.M.  
 &  
 Saturday  
 9:00-10:00 A.M.  
 Contact: Miranda at  
 (956) 238-0027

### San Benito

**Exercise Class**  
**Location:**  
 Community Bldg.  
 210 E. Heywood  
**Dates & Time:**  
 Monday & Wed.  
 5:30-6:30 P.M.  
 &  
 Wed & Friday  
 8:00-9:00 A.M.  
 Contact: Leahy  
 at (956) 357-4564  
**Location:**  
 Parish Hall  
 San Ignacio de Loyola  
 24380 W. US Hwy 281  
**Dates & Time**  
 M,W & F  
 8-15-9:15 A.M.  
 Contact: Mirra  
 (956) 243-6431

### Brownsville

**Location:**  
 San Felipe de Jesus Church  
 2215 Rando Viejo Ave.  
**Dates & Time:**  
 M, T, W, TR & F  
 8:00-9:00A.M.  
 M, T, W, TR  
 5:30-6:30 PM.

**Location:**  
 Buen Pastor Church  
 645 Tulipan St.  
**Dates & Time:**  
 M, T, W & TR  
 9:00-10:00A.M.

**Location:**  
 Menonita del Cordero  
 Church, 1033 N. Minnesota  
 (in the gym)  
**Dates & Time:**  
 M, W & F  
 9:00-10:00A.M.  
 \*\*Low impact class\*\*

**Location:**  
 BPSD Gym  
 (wellness center)  
 708 Palm Blvd.  
**Dates & Time:**  
 \*For parents of children  
 in BPSD  
**Dates & Time:**  
 M, T, W & TR  
 12:00-1:00 PM.

**Location:**  
 Gonzalez Park Gym  
 34 Tony Gonzalez Drive  
**Dates & Time:**  
 M, W & F  
 5:15-6:15 PM.  
 \*\*Low impact class\*\*



Don't miss our segments on the  
 Buenos Dias program  
 at 8:00 a.m. on Ch. 7 Vallevision.

www.tusaludsicuenta.info  
**CONTACT US**  
 (956) 755-0680

# What to do now that The Challenge is over?



## Join the Group Life Balance Program

You can improve your quality of life while actively preventing diabetes or reducing your risk of complications with diabetes.

Learn the facts about healthy eating and being active.

Learn what makes it hard for you to eat healthy and be active.

Learn how to change these things so they work for you, not against you

To learn more about this free and whether you qualify, please contact Liddy Ramirez at Proyecto Juan Diego (956) 542-2488.



## The Challenge 2015: 1st Place Individual Male



### Q&A with Robert Rodriguez

**Total Pounds Lost: 50**

#### How did you do it to meet your weight loss goal?

"Basically, I watched what I ate and I exercised, and I went to most of the classes (offered during The Challenge)."

#### What brings you back this year (2016)?

"It was so good that I wanted to do it again. I know I won't win another Challenge because I'm not going to lose that much weight, but it's a good event for everyone to participate. I really enjoyed it, being with the people and everything – I think everyone should try it."

#### Did you manage to keep the 50 pounds off?

"Yeah, I did. I want to lose another 10 or 15, so I figured I'd give it another try, participate with all the other people, maybe encourage them, you know, help them out a little bit."

#### You said you might not win this year, so what is your bigger goal?

"To be healthy. I'm looking forward to see what new activities they have."

#### How has this past year been different now that you are 50 pounds lighter?

"I feel healthier, more energetic, I'm involved in more sports. I'm going to try for a half-marathon hopefully by next year, and maybe a full marathon as the next goal."



## Healthy Recipe: Turkey Picadillo Tacos with Zucchini, Spinach, and Tomato



### Ingredients:

- Lean ground turkey meat
- 2 zucchinis, cubed
- 1/4 onion, chopped
- 1 Bag of spinach, chopped
- Corn Tortillas (the ones shown are corn with cactus)
- Meat seasoning
- 1 tsp. of olive oil
- Tomato, sliced

### Directions:

- 1.) In a frying pan, cook the lean ground turkey meat with olive oil and seasoning to taste. Cook for a few minutes until the meat is cooked thoroughly, separating the pieces of meat to prevent sticking, add the garlic and onion.
- 2.) Cook another 2-5 minutes on the stove and added the zucchini and cover the pan, leaving it to simmer another 3 minutes.
- 3.) Meanwhile, heat the tortillas and cut the vegetables so everything is ready when the meat is done to fill the tacos.

### Keep these healthy tips in mind as you continue your healthy living goals!

- ✓ **CREATE SUPPORT.** Don't rely on willpower to change. For example, use post it notes as reminders and make a plan to change routines and habits.
- ✓ **CREATE HEALTHY HABITS FOR CHILDREN!** Avoid rewarding children with sugary snacks; such a pattern may become a lifelong habit.
- ✓ **CAN YOU SPARE 15 MINUTES OF YOUR DAY?** Consider starting a daily workout routine by exercising 15 minutes each day. It can be as easy as walking down your neighborhood, taking your pet for a stroll or having fun at the park with your family. Try it!
- ✓ **Taking healthy snacks with you, that are easy to pack, will prevent you from reaching for processed, sugary snacks that could also be high in fat.**
- ✓ **Practice and don't give up too soon. Habits take months or years to form. You need to spend more time practicing your new healthier and more positive behaviors.**