

YOUR HEALTH MATTERS!



LONG LIVE TEXANS
CAMERON COUNTY



AUGUST is *Breastfeeding* Awareness MONTH

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What to Eat {Daily} When Breastfeeding

- Fruits:** Focus on eating a variety of fruits
- Vegetables:** Vary your veggies, eat more dark-green & orange vegetables
- Grains:** Make half your grains whole
- Meat & Beans:** Go lean with protein, choose low-fat or lean meats & poultry
- Milk:** Calcium-rich foods, choose low-fat or fat-free milk, yogurt & cheese
- Water:** Drink 8 glasses daily
- Prenatal Pill:** Take daily

Source: tinstep



Free Exercise Classes

AUGUST 2016

San Benito

Location:
La Paloma County Park
35005 Leal Rd

Date(s) & Time(s):
Mon. & Fri.
9:00 a.m. - 10:00 a.m.

Contact: Kenia
(956) 243-4469 or
(956) 312-2577

Harlingen

Location:
Abundant Life Church
101 N. O St.

Date(s) & Time(s):
Tues. & Thurs.
11:30 a.m. - 12:30 p.m.

Contact: Raquel
(956) 243-6821

Port Isabel

Location:
Community Center
213 Yturria St.

Date(s) & Time:
Zumba
Mon., Tue., Thurs.
6:00 p.m. - 7:00 p.m.

Contact: Cecilia
(956) 266-2231

Los Fresnos

Location:
Memorial Park
900 N. Arroyo Blvd

Date(s) & Time(s):
Mon., Tue., Wed., Thurs.
8:30 a.m. - 9:30 a.m.

Contact: Christine
(956) 407-3348

Rio Hondo

Location:
Civic Center
121 Arroyo Blvd

Date(s) & Time(s):
Zumba
Mon.
5:15 p.m. & 6:30 p.m.

Contact: Mirranda
(956) 238-0027

San Benito

Location:
Community Bldg.
210 E. Heywood

Date(s) & Time:
Zumba
Mon. & Wed.
5:30 p.m. - 6:30 p.m.
Wed. & Fri.
8:00 a.m. - 9:00 a.m.

Exercise class
Tue. & Thurs.
9:00 a.m. - 10:00 a.m.

Contact: Letty
(956) 357-4564

Combes

Location:
Community Center
21646 Hand Rd.

Date(s) & Time:
Mon., Tue., Wed., Thurs.
5:30 p.m. - 6:30 p.m.

Contact: Ashley
(956) 425-3905

Los Indios

Location:
Los Indios Community Bldg.
309 Heywood St.

Contact: Denise
(956) 399-4255

Laguna Vista

Location:
Rolloff Park
122 Fernandez St.

Date(s) & Time:
Zumba
Mon., Tue., Wed., Thurs., Fri.
8:30 a.m. - 9:30 a.m.

Contact: Martha
(956) 353-1882

La Feria

Location:
Veterans Memorial Park
Panchito Maples Dr.

Date(s) & Time:
Tue. & Thurs.
10:00 a.m. - 11:00 a.m.

Contact: Ashley
(956) 425-3905

Brownsville

Location:
San Felipe de Jesus Church
2215 Rancho Viejo Ave.

Date(s) & Time(s):
Mon. - Fri.
8:00 a.m. - 9:00 a.m.
Mon. - Thurs.
5:30 p.m. - 6:30 p.m.

Location:
Gonzalez Park
34 Tony Gonzalez Drive

Date(s) & Time(s):
Mon., Wed. & Fri.
5:30 p.m. - 6:30 p.m.

Contact: Belinda
(956) 459-6437

Location:
Menonita del Cordero Church
1033 N. Minnesota (in the gym)

Date(s) & Time(s):
Mon., Wed. & Fri.
9:00 a.m. - 10:00 a.m.

****Low Impact class****

Location:
BISD Gym*
(wellness center)
708 Palm Blvd.
*For parents of children in BISD

Date(s) & Time(s):
Mon. - Thurs.
12:00 p.m. - 1:00 p.m.

Location:
Oliveira Park
104 E. El Paso Rd.

Date(s) & Time(s):
Mon. - Thurs.
8:00 a.m. - 9:00 a.m.

Location:
Buen Pastor Church
645 Tulipán St.

Date(s) & Time(s):
Mon. - Thurs.
9:00 a.m. - 10:00 a.m.

Connect with us!

ON TELEVISION
Be sure to catch our segments on the Buenos Dias Program
8:00 a.m.
Channel 7, Vallesión

ONLINE
www.tusaludsi cuenta.info
CONTACT US
(956) 755-0680





MARIANA SACRAMENTO

“I read about all the benefits of breastfeeding. As a mother, you want the very best for your child.”



Before the birth of her first baby, Mariana Sacramento had the goal of breastfeeding. During her pregnancy, she informed herself about the benefits of breastfeeding for both mother and child. She shares her experiences, along with the difficulties she faced, and encourages all new mothers to not give-up.

Mariana believes the best thing an expectant mother can do is to be determined to breastfeed her newborn. She said, “Have an open mind and prepare yourself. You will have challenges and difficulties along the way, but don’t give up. Surround yourself with people that will help and encourage you. It’s important to have the support of people with experience that can help you overcome difficulties.”

Beyond the health benefits, breastfeeding creates a special bond between mother and baby. Mariana said, “I’m very happy and fulfilled as a mother, even more knowing that it’s very healthy for my baby. My family has also been a great source of help and support.”



EXERCISE & BREASTFEEDING

There are many health benefits to moderate exercise for mothers who breastfeed, including:

More Energy

Reduced Stress Levels

Improved mother-child relationship



Improvement of depression symptoms in those with major depressive disorders



Research shows that moderate exercise does not affect milk supply, milk’s composition, or baby’s growth. Be sure to speak with your doctor before starting an exercise program.

Source: Kellymom.com

HEALTHY RECIPE: CRUSTED SALMON



Photo and recipe retrieved from the American Diabetes Association

Ingredients

- 1/3 cup olive oil or low-fat plain Greek yogurt
- 4 salmon steaks (6 ounces each)
- 1 tablespoon fresh lemon juice
- 1 garlic clove, minced
- 1 teaspoon dried dill weed
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Preparation:

1. Preheat the broiler.
2. Coat a broiler pan or rimmed baking sheet with nonstick cooking spray. Place salmon steaks on the pan.
3. In a small bowl, combine all the remaining ingredients; mix well. Spread bowl mixture evenly over the top of the salmon steaks.
4. Broil for 12 to 15 minutes, or until the fish flakes easily with a fork.

Benefits of Breastfeeding

BENEFITS FOR BABIES:

- 1.) Reduced risk of illnesses such as Type 2 Diabetes, Asthma, Childhood Leukemia, Childhood Obesity
- 2.) Lowers risk of: SIDS (sudden infant death syndrome)
- 3.) Protection from respiratory illnesses and diarrhea
- 4.) Higher intelligence

BENEFITS FOR MOMS:

- 1.) Faster recovery from pregnancy and childbirth
- 2.) Lowers your risk of premenopausal breast cancer, ovarian cancer & Type 2 Diabetes
- 3.) Burn (approx.) 400 – 500 calories a day
- 4.) Save money & time



Source: Fit Pregnancy & Office on Women’s Health, U.S. Department of Health and Human Services