

YOUR HEALTH MATTERS!



Holiday Toys for Healthy Habits

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6 Benefits of Play

- Physical:** Active play helps with balance, motor skills, and coordination!
- Creativity:** Letting kids use their imagination during play helps boost their creativity!
- Emotional:** During play kids learn to cope with emotions like anger, fear, & frustration
- Communication:** Play lets kids exchange information, ideas, & messages.
- Cognitive:** kids learn to think, reason, and pay attention through play.
- Social:** Playing with others helps kids learn to share, compromise, and much more!

Source: The Genius of Play Graphics: Vecteezy



Free Exercise Classes

DECEMBER 2016

Los Indios	Harlingen	Port Isabel	Los Fresnos	Rio Hondo	San Benito	San Benito
<p>Location: Los Indios Community Bldg, 309 Heywood St. Contact: Denise (956) 399-4255</p>	<p>Location: Abundant Life Church 101 N. O St. Date(s) & Time(s): Tues. & Thurs. 11:30 a.m. - 12:30 p.m. Contact: Teresita (956) 551-2704</p>	<p>Location: Community Center 213 Yturba St. Date(s) & Time: Zumba Mon, Wed, Thurs. 6:00 p.m. - 7:00 p.m. Contact: Cecilia (956) 266-2231</p>	<p>Location: Memorial Park 900 N. Arroyo Blvd. Date(s) & Time(s): Mon., Tue., Wed., Thurs., Fri. 8:30 a.m. - 9:30 a.m. Dance Fitness Mon. 5:00 p.m. - 6:00 p.m. Tue., Wed., Thurs. 6:30 p.m. - 7:30 p.m. Contact: Miranda (956) 238-0027</p>	<p>Location: Civic Center 121 Arroyo Blvd. Date(s) & Time(s): Tue. 6:00 p.m. - 7:00 p.m. Zumba Wed. 6:00 p.m. - 7:00 p.m. Contact: Miranda (956) 238-0027</p>	<p>Location: Community Bldg. 210 E. Heywood Date(s) & Time(s): Zumba Tue. & Thurs. 8:00 a.m. - 9:00 a.m. Contact: Carolina (956) 346-9005 Kerla (956) 312-2577</p>	<p>Location: Community Bldg. 210 Heywood St. Date(s) & Time: Zumba Mon. & Wed. 5:30 p.m. - 6:30 p.m. Wed. & Fri. 8:00 a.m. - 9:00 a.m. Contact: Letty (956) 357-4564</p>
<p>Location: Community Center 21646 Hand Rd. Date(s) & Time: HIT/Bootcamp Mon., Tue., Wed., Thurs. 5:30 p.m. - 6:30 p.m. Dance Fitness Mon. & Wed. 10:00 a.m. - 11:00 a.m. Contact: Ashley (956) 425-3905</p>	<p>Location: Rofort Park 122 Fernandez St. Date(s) & Time: Zumba Mon., Tue., Thurs., Fri. 8:30 a.m. - 9:30 a.m. Contact: Martha (956) 353-1882</p>	<p>Location: Scott Slane Memorial Park, 121 E. Liac Ave. Date(s) & Time: Mon., Tue., Wed., Thurs. 10:00 a.m. - 11:00 a.m. Contact: Ashley (956) 425-3905</p>	<p>Location: 5:00 p.m. - 6:00 p.m. Tue., Wed., Thurs. 6:30 p.m. - 7:30 p.m. Basketball Mon., Tue., Wed., Thurs. 9:00 p.m. - 9:00 p.m. Contact: Christine (956) 407-3348</p>	<p>Location: Civic Center 121 Arroyo Blvd. Date(s) & Time(s): Tue. 6:00 p.m. - 7:00 p.m. Zumba Wed. 6:00 p.m. - 7:00 p.m. Contact: Miranda (956) 238-0027</p>	<p>Location: Community Bldg. 210 E. Heywood Date(s) & Time(s): Zumba Tue. & Thurs. 8:00 a.m. - 9:00 a.m. Contact: Carolina (956) 346-9005 Kerla (956) 312-2577</p>	<p>Location: Community Bldg. 210 Heywood St. Date(s) & Time: Zumba Mon. & Wed. 5:30 p.m. - 6:30 p.m. Wed. & Fri. 8:00 a.m. - 9:00 a.m. Contact: Letty (956) 357-4564</p>
<p>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.</p>	<p>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) 459-8431</p>	<p>Location: Memoria 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**</p>	<p>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.</p>	<p>Location: Oliveira Park 104 E. El Paso Rd. Date(s) & Time(s): Mon. - Thurs. 8:30 a.m. - 9:30 a.m.</p>	<p>Location: Buena Pastor Church 2645 Tulipen St. Date(s) & Time(s): Mon. - Thurs. 9:00 a.m. - 10:00 a.m.</p>	<p>Location: Community Center 210 Heywood St. Date(s) & Time: Zumba Mon. & Wed. 5:30 p.m. - 6:30 p.m. Wed. & Fri. 8:00 a.m. - 9:00 a.m. Contact: Letty (956) 357-4564</p>

BROWNSVILLE



ON TELEVISION

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

Connect with us!

www.tusaludsicuenta.info

CONTACT US
(956) 755-0680





Healthy Recipe: Butternut Squash Soup



Source: UT Benefits Living Well

INGREDIENTS:

- | | |
|---|--|
| 1 butternut squash-about 2 lbs. | 1/8 tsp. pepper |
| 2 tbsp. olive oil | 1 fresh jalapeno pepper, seeded, minced |
| 1 small onion, chopped | 1 – 14 1/2 oz. can of reduced-sodium chicken broth |
| 2 cloves garlic, chopped | Nonfat plain yogurt |
| 1 medium carrot, peeled & thinly sliced | Chopped cilantro |
| 1/2 tsp. ground cumin | |
| 1/2 tsp. salt | |

PREPARATION:

1. Cut squash in half, scoop out seeds.
2. Peel squash and cut into one inch squares.
3. In a large saucepan or flame-proof casserole dish, heat oil over medium heat. Add onion and garlic and cook, stirring often, until they begin to brown, about 5 minutes.
4. Add squash, jalapeno pepper, and chicken broth. Bring to a boil, reduce heat to medium-low, cover and cook 15-20 minutes or until vegetables are very tender.
5. Puree soup in batches in a blender or food processor. Return to saucepan and return to a boil over medium-low heat. Serve hot garnished with yogurt and chopped cilantro.

How to Foster Healthy Habits with Holiday Toys

Providing toys that encourage physical activity and mental development may give the kids in your life more than a few hours of entertainment. You can encourage active kids by...

PLAY FACTS

Kids naturally like to play active games—20% of children's free play is spent doing physical activities.

Researchers say free play can improve kids' problem solving skills.

Studies show kids that are more fit score better on standardized tests.



A study shows kindergarteners' vocabulary is related to the amount of time they spend talking during pretend play at 3 years old

Children as young as 3 learn to understand the real world through pretend play.

Source: The Genius of Play

Graphics: Vecteezy.com

Encourage imagination and creativity dolls, racecars, stuffed animals, blocks.



Limit electronic gifts for children.

Avoid toys that do too much.



Encourage physical activity balls, bikes, jump ropes, & scooters.

Source: Healthy Children & Active for Life