

YOUR HEALTH MATTERS!



LONG LIVE TEXANS
CAMERON COUNTY



HEALTHY SUMMER SNACKS

Dip the chips this summer and aim for easier, healthier snacks that your entire family are sure to enjoy!



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



Crinkle-cut carrot "chips" with hummus



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



Source: WhattoExpect.com

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Exercise Classes



Free Exercise Classes

Combes

Harlingen

Los Fresnos

Port Isabel

Rio Hondo

San Benito

San Benito

Location:
Community Center
21646 Hand Rd.
Dates) & Time:
Mon., Tue., Wed,
Thurs.
5:30 p.m. - 6:30 p.m.
Contact: Ashley
(956) 425-3905

Location:
Abundant Life Church
101 N. O St.
Dates) & Time:
Tues. & Thurs.
11:30 a.m. - 12:30 p.m.
Contact: Raquel
(956) 243-6821

Location:
Memorial Park
900 N. Arroyo Blvd
Dates) & Time:
Mon., Tue., Wed,
Thurs., Fri.
8:30 a.m. - 9:30 a.m.
Mon. & Wed.
5:30 p.m. - 6:30 p.m.
Low Swimming
Mon., Tue., Wed.,
Thurs.
6:00 p.m. - 8:00 p.m.
Contact: Christine
(956) 407-3348

Location:
Community Center
213 Yuma St.
Dates) & Time:
Zumba
Mon., Tue., Wed, Thurs.
6:00 p.m. - 7:00 p.m.
Contact: Cecilia
(956) 266-2231

Location:
Civic Center
121 Arroyo Blvd
Dates) & Time:
Zumba
Mon.
5:15 p.m. & 6:30 p.m.
Boatcamp
6:00 p.m.
Location:
Old Rio Hondo
Stadium
Contact: Miranda
(956)238-0027

Location:
Community Bldg.
210 E. Heywood
Dates) & 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

Location:
La Paloma County
Park
35005 Leal Rd
Dates) & Time:
Mon. & Fri.
9:00 a.m. - 10:00 a.m.
Contact: Kenia
(956) 243-4469 or
(956)312-2577

Location:
Los Indios
Community Bldg.
309 Heywood St.
Contact: Denise
(956) 399-4255

Location:
Roloff Park
122 Fernandez St.
Dates) & Time:
Zumba
Mon., Tue., Wed,
Thurs., Fri.
8:30 a.m. - 9:30 a.m.
Contact: Martha
(956) 353-1882

Location:
213 Orive Blvd
Dates) & Time:
Mon., Tue., Wed.,
Thurs.
8:00 a.m. - 9:00 a.m.
Contact: Carolina
(956) 346-9005

Location:
San Felipe de
Jesus Church
2215 Rancho
Viejo Ave.
Dates) & Time:
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
Dates) & Time:
Mon., Wed. & Fri.
5:30 p.m. - 6:30 p.m.
Contact: Belinda
(956) 459-8431

Location:
Memoria del Condero
Church 1033 N.
Minnesota (in the gym)
Dates) & Time:
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
Dates) & Time:
Mon. - Thurs.
12:00 p.m. - 1:00 p.m.

Location:
Oliviera Park
104 E. El Paso Rd.
Dates) & Time:
Mon. - Thurs.
8:00 a.m. - 9:00 a.m.

Location:
Buen Pastor Church
645 Tulipan St.
Dates) & Time:
Mon. - Thurs.
9:00 a.m. - 10:00 a.m.

Brownsville



ON TELEVISION

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

Connect with us! ONLINE

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





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!



Stay in the shade & keep exposed skin covered



Use sunscreen (reapply every 2 hrs.)



Check for ticks after being outside



Wear sunglasses



Wear a wide brimmed hat

Drink plenty of water



Use a good insect repellent

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



Source: Center for Disease Control

Healthy Recipe: Beet & Greens Quesadillas

Ingredients



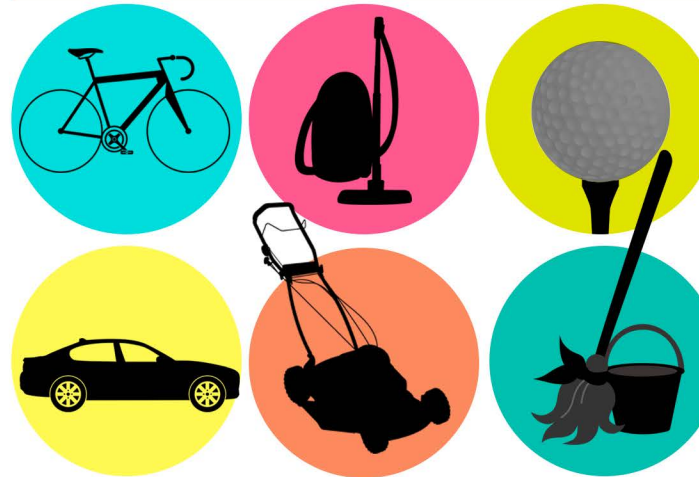
Photo and recipe retrieved from Root Down LA

- 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



Activity	Minutes:	Calories Burned:
bike ride	7	50
vacuum	13	54
golf	10	54
wash a car	15	54
mow the lawn	8	52
mop	12	50
play catch	18	54
clean a garage	10	59
go for a walk	12	55

(Information based on a 150 pound person.)

Source: Huffpost Healthy Living