

JUNE 2016

YOUR HEALTH MATTERS!



LONG LIVE TEXANS
CAMERON COUNTY



JUNE IS MEN'S HEALTH MONTH



Celebrated across the United States, the purpose of Men's Health month is to bring awareness of preventable health problems as well as encourage the early detection and treatment of disease among men and boys.

We want to encourage you to remind all of the men in your life to seek regular medical advice and early treatment for disease and injury!

Leading Causes of Death for Males in the U.S.



Source: Centers for Disease Control and Prevention

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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(s) & 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(s) & Time(s):
Tues. & Thurs.
11:30 a.m. - 12:30 p.m.
Contact: Raquel
(956) 243-6821

Location:
Memorial Park
900 N. Arroyo Blvd
Dates(s) & Time(s):
Mon., Tue., Wed.,
Thurs., Fri.
8:30 a.m. - 9:30 a.m.
Mon. & Wed.
5:30 p.m. - 6:30 p.m.
Lab Swimming
Mon., Tue., Wed.,
Thurs.
6:00 p.m. - 8:00 p.m.
Sat.
8:00 a.m. - 10:00 a.m.
Contact: Christine
(956) 407-3348

Location:
Community Center
213 Yuturna St.
Dates(s) & Time:
Zumba
Mon., Tue., Wed., Thurs.
6:00 p.m. - 7:00 p.m.
Location:
Bejirano McFarland
Memorial Park in
Laguna Heights
Contact: Cecilia
(956) 266-2231

Location:
Civic Center
121 Arroyo Blvd
Dates(s) & Time(s):
Zumba
Mon.
5:15 p.m. & 6:30 p.m.
Wed.
9:00 a.m. - 10:00 a.m.
Location:
Old Rio Hondo
Stadium
Contact: Miranda
(956) 238-0027

Location:
Community Bldg.
210 E. Heywood
Dates(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

Location:
La Paloma County
Park
35005 Leal Rd
Dates(s) & Time(s):
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
Dates(s) & Time:
Mon., Tue.,
Wed., Thurs.
10:00 a.m. - 11:00 a.m.
Contact: Denise
(956) 399-4255

Location:
213 Olive Blvd.
Dates(s) & Time(s):
Mon., Tue., Wed.,
Thurs.
8:00 a.m. - 9:00 a.m.
Contact: Carolina
(956) 348-9005

Location:
Menonita del Cordero
Church 1033 N.
Minnesota (in the gym)
Dates(s) & Time(s):
Mon., Wed. & Fri.
5:30 p.m. - 6:30 p.m.
Contact: Belinda
(956) 459-8431

Location:
BISD Gym*
(wellness center)
708 Palm Blvd.
*For parents of children
in BISD
Dates(s) & Time(s):
Mon. - Thurs.
12:00 p.m. - 1:00 p.m.

Location:
Rauli Zaguirre
Elementary
2255 N. Coria St.
Dates(s) & Times (s):
Mon., Wed., & Fri.
5:00 p.m. - 6:00 p.m.

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

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

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

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

Location:
Rauli Zaguirre
Elementary
2255 N. Coria St.
Dates(s) & Times (s):
Mon., Wed., & Fri.
5:00 p.m. - 6:00 p.m.

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

Location:
Buen Pastor Church
645 Tulipan St.
Dates(s) & Time(s):
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

ONLINE
Connect with us!
www.tusaludscuenta.info
CONTACT US
(956) 755-0680





A welder by trade, Juan Uriegas began attending free Zumba classes at Oliveira Park thanks to an invitation from his wife. "I would not come to class until my wife invited me to join her. I came one day, then another day, and I liked it. It's a lot of fun! I liked Zumba, and I felt good. You have more physical endurance and are more active at home and at work."

"Zumba classes are great. That's my message. Don't be worried or ashamed. At first, I was ashamed, but I got over it."

Juan needs to be in good physical condition being that his work is so demanding and requires him to carry 200 pound equipment for long periods of time. The class helps him stay in shape so he can do better in his job, "Zumba is like training for a boxer because you have to be fast, work your muscles and don't stop. At first, I felt like I couldn't finish the workout, but I was determined to push myself and not give up."

Juan credits the class instructors for keeping participants inspired to keep going and encourages everyone to participate, "they (instructors) motivate us to come back and help us feel good about ourselves. That's what keeps me motivated."



What to expect at an Adult Well Male Examination Men, get an annual physical!

Blood Pressure Check,
Height & Weight
Measurements,
Cholesterol
Screening,
Immunizations

Screening for Chronic
Diseases {Including:
Diabetes, Cancer, Prostate
Cancer, & Colorectal
Cancer}, Body
Examination

Regardless of age, visiting your primary care physician for an **annual** **checkup** is the best way to prevent health issues **before** they develop into something bigger.

Source: American Academy of Family Physicians

Healthy Recipe: Tomato Basil Coconut Soup

INGREDIENTS



Photo and recipe retrieved from
Root Down LA

- | | |
|---|--|
| 2 tablespoons olive oil | 1 to 2 cups water |
| 2 carrots, finely chopped | 2 teaspoons dried basil |
| 1 large onion, finely chopped | 3 stalks fresh basil |
| 4 cloves garlic, minced | 1 14- to 16-ounce can coconut milk, light or regular |
| 1/4 cup flour | 2 teaspoons sugar |
| 4 cups puréed or diced tomatoes (fresh or canned), with juice | 2 teaspoons light-colored vinegar |
| Scant teaspoon baking soda (it acts as a stabilizer) | 1/2 teaspoon sea salt |
| Dash cayenne or other spicy pepper | 1/2 teaspoon white pepper |

PREPARATION:

- 1.) In a stockpot, heat oil over medium heat and cook carrots, onion, and garlic until soft and translucent, about 7 minutes.
- 2.) Sprinkle flour on the vegetables and cook 3 minutes longer, slightly browning the flour.
- 3.) Working quickly, add the tomatoes, baking soda, and 1 cup water to the pot and stir. Bring to a boil, reduce heat to a simmer, and add herbs, coconut milk, sugar, vinegar, salt, pepper, and cayenne, stirring to combine.
- 4.) Simmer for 30 minutes, thinning with water if desired. Allow to cool slightly.
- 5.) Remove herb sprigs and purée the soup in batches, either in a blender or using an immersion blender, until smooth. Taste and add salt and pepper as needed.

"Walk with a Doc"

Join City Commissioner Dr. Rose Gowen for the inaugural "Walk with a Doc" at Su Clinica!

Saturday, June 11, 2016
8 a.m. - 9:00 a.m.
Su Clinica (105 E. Alton Gloor Blvd.)

"Walk with a Doc" is a walking program for everyone interested in taking steps for a healthier lifestyle. While you walk for about an hour at your own pace, you'll have an opportunity to have a conversation with local physicians.

For more information, please visit:
<http://walkwithadoc.org/our-locations/brownsville-tx/>

Bring your family and a pair of walking shoes!