

MAY 2016

# YOUR HEALTH MATTERS!



LONG LIVE TEXANS CAMERON COUNTY



## MAY IS National PHYSICAL FITNESS & SPORTS MONTH



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Exercise Classes

During this month, we challenge adults to get 30 minutes of physical activity every day.

**Did you know that regular physical activity increases your chances of living a longer, healthier life?** It also reduces your risk for high blood pressure, heart disease, and some types of cancer.

### PHYSICAL ACTIVITY GUIDELINES FOR ADULTS:

#### Moderate Aerobic Activity



2 hours & 30 minutes, each week

*walk fast, swim, rake leaves*

#### Muscle-strengthening

2 days a week



*lift weights, use exercise bands, do squats & lunges*

Be sure to check out the "Free Exercise Class" calendar located on the back of this newsletter to begin working toward your healthy living goals, today!

Source <http://www.fitness.gov>, [healthfinder.gov](http://healthfinder.gov)

### ADD MORE PHYSICAL ACTIVITY TO YOUR DAY:

Park towards the back of the lot at work or when shopping



Do exercises during TV commercial breaks



Choose stairs instead of the elevator or escalator



Plant and care for a vegetable garden



Combes

Harlingen

Los Fresnos

Los Indios

Port Isabel

Rio Hondo

San Benito

Location:  
Community Center  
21646 Harnd Rd.

**Dates(s) & Time:**  
Mon., Tue., Wed., Thurs.  
5:30 p.m. - 6:30 p.m.  
**Contact: Ashley**  
(956) 435-3965

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.

#### Lap 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:  
213 Olive Blvd.

**Dates(s) & Time(s):**  
Mon., Tue., Wed, Thurs  
8:00 a.m. - 9:00 a.m.  
**Contact: Carolina**  
(956) 346-9005

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:  
Community Center  
213 Yturria St.

**Dates(s) & Time:**  
Mon., Tue., Wed, Thurs  
6:00 p.m. - 7:00 p.m.

#### Walking Club

**Dates(s) & Time(s):**  
Mon., Wed, Thurs.  
8:00 a.m. - 9:00 a.m.  
Washington Park

#### Walking Club

**Dates(s) & Time(s):**  
Mon., Wed, Thurs.  
5:00 p.m. - 6:00 p.m.

#### Walking Club

Location:  
Bejerrano 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.  
Thur.  
5:15 p.m.

#### Bootcamp

**Dates(s) & Time(s):**  
Mon., Wed, Thurs  
5:45 p.m. - 7:15 p.m.  
**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:

San Ignacio de Loyola  
24380 W. US Hwy 281

**Dates(s) & Time**  
Tues, Thurs, Fri.  
8:15 a.m. - 9:15 a.m.  
**Contact: Mirna**  
(956) 243-6431

### Brownsville

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:  
Memoria 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.  
in BISD

**Dates(s) & Time(s):**  
Mon. - Thurs.  
12:00 p.m. - 1:00 p.m.  
\*For parents of children in BISD

Location:  
Raul Zaguire  
Elementary  
2255 N. Coria St.

**Dates(s) & Times (s):**  
Mon., Wed., & Fri.  
5:00 p.m. - 6:00 p.m.

Location:  
Oliveira Park  
104 E. El Paso Rd.

**Dates(s) & Time(s):**  
Mon. - Thurs.  
8:30 a.m. - 9:30 a.m.

Location:  
Buen Pastor Church  
645 Tulipan St.

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



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

Connect with us!  
Tu Salud ¡Si Cuenta!  
Your Health Matters!

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



## William Bodden

“The Challenge 2016” Participant

*“As much as the doctors, your wife, your husband pushes you to do it... It’s not going to start until you start. And that’s where I started and that’s where I continue to go and thank God that I have a wife that would walk with me and exercise and that actually made it more rewarding to do it.”*

William Bodden joined “The Challenge 2016” looking for a healthy lifestyle change with the hopes of losing weight, lowering his blood pressure and transforming into a different person. Alongside his wife, Bodden accomplished his healthy living goals and shares advice on how others can achieve their own.

“We exercised 3-5 miles a day, started eating better, drinking more water and stopped drinking diet cokes and beer.”

Avoid eating late, watch what you eat and be aware of your portion size. Be sure to eat more fruits, vegetables and salads.

## Healthy Recipe: Marinated Beets



### INGREDIENTS:

- |   |  |
|---|--|
| 3 medium beets                                | 1 teaspoon mustard                     |
| ¼ cup canola or olive oil                     | 1 clove garlic, minced                 |
| 2 tablespoons apple cider or red wine vinegar | 2 sprigs fresh parsley, finely chopped |
| Salt and pepper (optional)                    |  |

### PREPARATION:

- 1.) Cut off the “tail” of the beets. If they have greens attached, cut off. Scrub the beets lightly to clean.
- 2.) Put them in a pot and cover with water. Bring the water to a boil.
- 3.) Turn the heat down to medium and cook until the beets can be pierced with a fork (20-30 minutes).
- 4.) While the beets are cooking, mix together the oil, vinegar, and mustard.
- 5.) When the beets are finished cooking, drain out the water. Run cold water over the beets and slip off the skins. Cut into chunks.
- 6.) Place beets in a bowl, add the oil and vinegar mixture and mix well.
- 7.) Toss in garlic and parsley. Add a pinch of salt and pepper if desired.
- 8.) Serve at room temperature or chilled.

Photo and recipe retrieved from Sustainable Food Center & The Happy Kitchen

**WHY BE PHYSICALLY ACTIVE?**

- Lowers blood pressure and cholesterol
- Lowers your risk for heart disease and stroke
- Burns calories to help you lose or maintain weight
- Increases your energy for daily activities
- Helps you sleep better
- Keeps your joints flexible
- Improves your balance to prevent falls
- Relieves stress

Source: American Diabetes Association