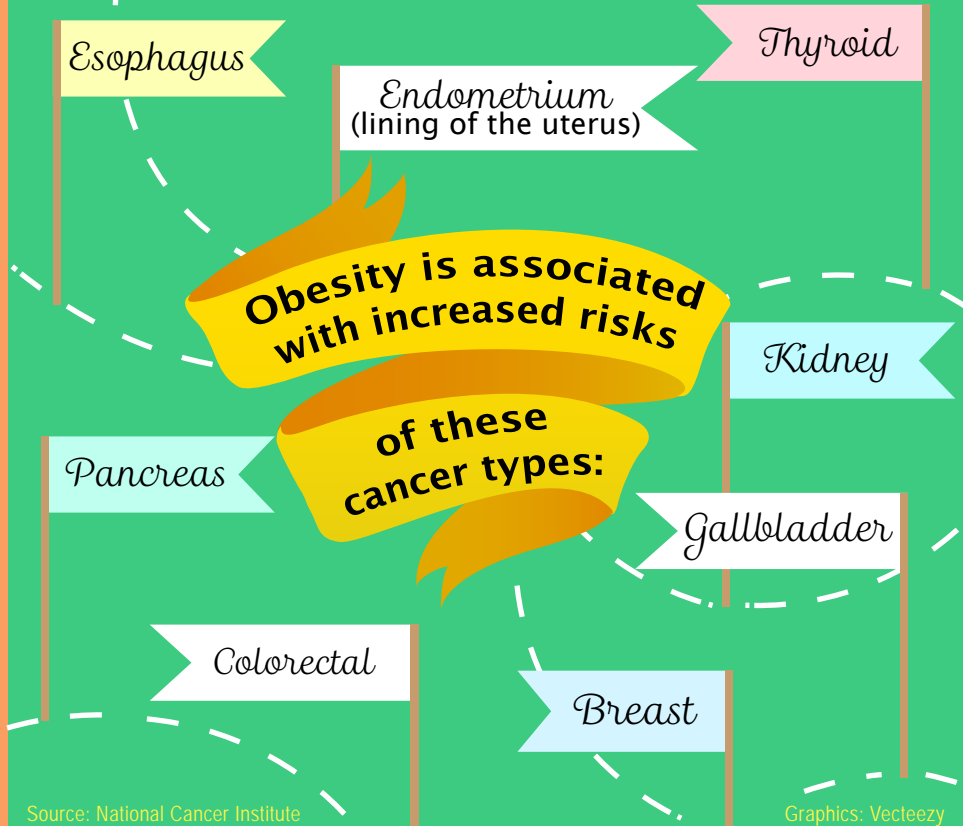


YOUR HEALTH MATTERS!



WHAT IS KNOWN ABOUT THE RELATIONSHIP BETWEEN OBESITY AND CANCER?



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Exercise Classes



Free Exercise Classes

OCTOBER 2016

<p>Los Indios</p> <p>Location: Los Indios Community Bldg. 309 Heywood St. Contact: Denise (956) 399-4255</p>	<p>Harlingen</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: Terestia (956) 551-2704</p>	<p>Port Isabel</p> <p>Location: Community Center 213 Yauria St. Date(s) & Time: Zumba Mon., Tue., Wed., Thurs. 6:00 p.m. - 7:00 p.m. Contact: Cecilia (956) 266-2231</p>	<p>Los Fresnos</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. Zumba Mon., Tue., Wed., Thurs. 6:00 p.m. - 7:00 p.m. Contact: Christine (956) 407-3348</p>	<p>Rio Hondo</p> <p>Location: Civic Center 121 Arroyo Blvd Date(s) & Time(s): Zumba Mon. 5:15 p.m. - 6:15 p.m. Bootcamp Tue. 5:15 p.m. - 6:15 p.m. Contact: Miranda (956) 238-0027</p>	<p>San Benito</p> <p>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</p>
<p>Combes</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>Laguna Vista</p> <p>Location: Roloff 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</p>	<p>La Feria</p> <p>Location: Scott Spayne Memorial Park, 1121 E Liliac Ave. Date(s) & Time: Tue. & Thurs. 10:00 a.m. - 11:00 a.m. Contact: Ashley (956) 425-3905</p>	<p>Brownsville</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. **Low impact class**</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: Bien Pastor Church 645 Tulipan St. Date(s) & Time(s): Mon. - Thurs. 9:00 a.m. - 10:00 a.m.</p>

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As a cancer survivor, **Ana Laura Garza** decided to change her unhealthy habits and surround herself with active, positive people. Her message is to start living a healthy life now and not wait until suffering from drastic health problems. In addition to eating healthy, working out, and getting plenty of rest, Ana Laura recommends seeking emotional support.

“My life changed drastically after my cancer diagnosis,” Ana Laura said. “The chemotherapy treatments were very strong and took a lot of energy out of me. I lost interest in going out and in spending time with others.” She credits her children for motivating her to not give up during this difficult time. “I had to be strong for my children,” she said. “They gave me the courage to stay positive and continue my treatment.”

After her cancer went into remission, Ana Laura decided to change her unhealthy habits. “I wasn’t focused on my nutrition. I would eat very few vegetables and almost no healthy proteins. I would only eat fast food or junk food without caring what went into my body.”

Ana Laura also started working out regularly and joined a free Zumba class. She recommends surrounding yourself with people who have the same healthy living goals. “It helps to be part of a group,” she said. “I like that we share our struggles and motivate each other. We all have a good friendship and enjoy our time together working out.”

Exercise is now a daily activity for Ana Laura, and she’s motivated by the changes that she feels and sees. “Working out, eating well and sleeping well needs to be part of our daily lives,” she said.

{ How to Add More Vegetables to Your Day }

Eating vegetables is important because they provide vitamins and minerals and most are low in calories. Try and fit more veggies into your meals. Remember, vegetables don’t have to be just meals, they can be snacks too!

When eating out, ask for a side salad or veggies instead of a fried dish

Make a soup using your favorite vegetables

If you have to buy canned vegetables, make sure they’re labeled “reduced sodium,” “low sodium” or “no salt added”

Visit your local farmers market for fresh vegetables

Brighten your plate with vegetables that are red, orange or dark green

Pre-cut and package veggies so they’re ready to use



Healthy Recipe: Chunky Veggie Chili



INGREDIENTS:

- 1 tablespoon olive oil
- 1 large onion, chopped
- 2 cans (14-1/2 ounces each) diced tomatoes, undrained
- 2/3 cup hot salsa
- 1-1/2 teaspoons chili powder
- 1-1/2 teaspoons ground cumin
- 2 cans (15 to 16 oz. each) red kidney beans, rinsed & drained
- 1 large red bell pepper, chopped
- 1 large zucchini, cut into 1/2-inch chunks
- 1 medium-sized yellow squash, cut into 1/2 chunks

PREPARATION:

1. In a large saucepan, heat the oil over medium heat. Add the onion and sauté for 2 to 3 minutes.
2. Add the tomatoes, salsa, chili powder, and cumin. Reduce heat to low, cover, and simmer for 10 minutes.
3. Add the remaining ingredients, cover and simmer for 20 to 25 minutes, or until the vegetables are tender. Ladle into bowls and serve.

Source: American Diabetes Association

Some Cancers Are Preventable

With many forms of cancer stemming from our environment (the food we eat, the air we breathe and the products we use in our daily life) it is important to know that some forms of cancer are preventable.

do regular physical activity, eat healthy food with fruits and vegetables

limit alcohol consumption, maintain a healthy weight

don't smoke, protect your skin from the sun

know your family's medical history, have regular check-ups and cancer screenings

