

YOUR HEALTH MATTERS!



UTHealth
The University of Texas
Health Science Center at Houston
School of Public Health
Brownsville



LONG LIVE TEXANS
CAMERON COUNTY



MEGA 105.9

1450 LA RADIO
LO TIENE TODO



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HEALTHIER DIET FOR CHILDREN

Helping your child make changes in their diet can lead to a recipe for success!

- Provide plenty of vegetables, whole-grain products, and fruits
- Serve reasonably sized portions
- Limit sugar-sweetened beverages
- Encourage your family to drink lots of water
- Limit the consumption of sugar
- Include low-fat or non-fat dairy products

Source: Center for Disease Control and Prevention
Graphics: Vecteezy.com



Free Exercise Classes

SEPTEMBER 2016

San Benito

Harlingen

Port Isabel

Los Fresnos

Rio Hondo

San Benito

Combes

Location:
La Paloma County Park
35005 Leal Rd

Date(s) & Time(s):
Mon. & Fri.
9:00 a.m. - 10:00 a.m.

Contact: Kenia
(956) 243-4469 or
(956) 372-2577

Location:
Abundant Life Church
101 N. O St.

Date(s) & Time(s):
Tues. & Thurs.
11:30 a.m. - 12:30 p.m.

Contact: Raquel
(956) 243-6821

Location:
Community Center
213 Yuma St.

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

Contact: Cecilia
(956) 266-2231

Location:
Memorial Park
900 N. Arroyo Blvd

Date(s) & Time(s):
Mon, Tue, Wed, Thurs., Fri.
8:30 a.m. - 9:30 a.m.

Contact: Cecelia
(956) 266-2231

Location:
Civic Center
121 Arroyo Blvd

Date(s) & Time(s):
Zumba
Mon. & Wed.
6:00 p.m. - 7:00 p.m.

Contact: Miranda
(956) 238-0027

Location:
Community Bldg.
210 E. Heywood

Date(s) & Time:
Zumba
Mon. & Wed.
5:30 p.m. - 6:30 p.m.

Contact: Letty
(956) 357-4564

Location:
Community Center
21646 Hand Rd.

Date(s) & Time:
HIT/Bootcamp
Mon., Tue., Wed, Thurs.
5:30 p.m. - 6:30 p.m.

Contact: Ashley
(956) 425-3905

Los Indios

Laguna Vista

La Feria

Location:
Los Indios
Community Bldg.
309 Heywood St.

Contact: Denise
(956) 399-4255

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

Location:
Scott Soane Memorial
Park, 1121 E Uliac Ave.

Date(s) & Time:
Zumba
Tue. & Thurs.
10:00 a.m. - 11:00 a.m.

Contact: Ashley
(956) 425-3905

Location:
Memorial Park
900 N. Arroyo Blvd

Date(s) & Time(s):
Mon., Tue, Wed., Thurs., Fri.
6:30 p.m. - 9:00 p.m.

Contact: Christine
(956) 407-3348

Location:
Old Rio Hondo
Stadium

Date(s) & Time(s):
Bootcamp
6:00 p.m. - 7:00 p.m.

Contact: Miranda
(956) 238-0027

Location:
Parrish Hall
San Ignacio de Loyola
24380 W. US Hwy 281

Date(s) & Time:
Tues., Thurs., Fri.
8:15 a.m. - 9:15 a.m.

Contact: Letty
(956) 357-4564

Location:
Community Center
21646 Hand Rd.

Date(s) & Time:
HIT/Bootcamp
Mon., Tue., Wed, Thurs.
5:30 p.m. - 6:30 p.m.

Contact: Ashley
(956) 425-3905

Brownsville

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.

Contact: Denise
(956) 399-4255

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) 459-8437

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.

Contact: Belinda
(956) 459-8437

Location:
BISD Gym*
(wellness center)
708 Palm Blvd.

Date(s) & Time(s):
Mon., Wed & Fri.
9:00 a.m. - 10:00 a.m.

Contact: Belinda
(956) 459-8437

Location:
Oliveira Park
104 E. El Paso Rd.

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

Contact: Belinda
(956) 459-8437

Location:
Buen Pastor Church
645 Tulipan St.

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

Contact: Belinda
(956) 459-8437





HEALTHY LIVING » Role Model «

Jaime Longoria, exercise leader for the M.E.N.D. program, shares his advice on how to motivate children to be active. He also talks about the important balance between physical activity and proper nutrition to help children maintain a healthy weight and develop healthy habits.

"It's important to make exercise fun for kids, especially stretching and warming-up," Jaime said. "Think of fun games and activities that will motivate kids to get moving and be active. If the children see it as fun & games, they'll start sweating and not realize that they're actually exercising."

An important step to motivate children to be active is to provide a friendly and fun environment where they can try new activities. "Children are sometimes afraid to try competitive sports like football, soccer or basketball. This tends to discourage them from exercising. **Children need to be introduced to recreational activities where everyone has fun exercising, without the stress of competitive sports or of finishing in first place.**"

Jaime explains that exercise and nutrition are both equally important to maintain a healthy lifestyle. "You cannot maintain a healthy weight if you exercise but do not watch your diet. You have to eat healthy and watch your portions. You have to teach this balance to children and explain the importance of doing both. Exercise and nutrition are an important balance."

M.E.N.D. (Mind, Exercise, Nutrition...Do it!) is a free lifestyle program that empowers children & their families to reach and maintain a healthy weight. For more information, please contact 956-755-0660.

Healthy Recipe: Eggplant Pizza Chips

INGREDIENTS:



- | | |
|---|--|
| 1 large egg plant, peeled & cut into 1/4-inch rounds | 2 eggs |
| 2 cups light spaghetti sauce (optional) | 1 tablespoon water |
| 1 cup (4 ounces) shredded part-skim mozzarella cheese | 1/4 teaspoon black pepper |
| | 1-1/4 cups Italian-flavored bread crumbs |
| | Nonstick cooking spray |

PREPARATION:

1. Preheat the oven to 350 degrees F. In a shallow dish, beat the eggs with the water and pepper. Place the bread crumbs in another shallow dish. Line 2 large baking sheets with aluminum foil and coat generously with nonstick cooking spray; set aside.
2. Dip each eggplant round in the egg mixture, then in the bread crumbs, coating completely. Place on the baking sheets in a single layer, then spray the tops with nonstick cooking spray. Bake for 15 minutes, then turn the slices over and spray the other side with the nonstick cooking spray; bake for 15 more minutes.
3. Remove from the oven and place about 1 tablespoon spaghetti sauce on each (adding spaghetti sauce is optional). Sprinkle evenly with mozzarella cheese and return to the oven for 4 to 5 more minutes, or until the sauce is bubbly and the cheese is melted.

Source: American Diabetes Association

EXERCISES TO PREVENT CHILDHOOD OBESITY

Child Obesity affects 1 in 3 children. Encourage your child to participate in these simple exercises to help prevent Childhood Obesity.

Brisk Walking

Play Tag

Jump Rope

Play Sports

Hopscotch

Swim

Dance

Source: Center for Disease Control and Prevention

Be a Healthy Role Model for Children

Remember children follow in the footsteps of adults, so a healthier lifestyle for your child starts with a change in your life style.

- 1.) Be a good food role model
- 2.) Go shopping for food together
- 3.) Limit screen time

- 4.) Encourage physical activity
- 5.) Offer the same foods for everyone
- 6.) Reward with attention, not food



Source: ChooseMyPlate.gov