YOUR HEALTH MATTERS!

FEBRUARY 2017

Heart Health Month

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Cardiovascular (Heart) disease is the nation's No. 1 killer of both men and women.

Every year, 1 in 4 deaths are caused by heart disease.

Smoking, eating an unhealthy diet, and not getting enough exercise all increase your risk for having heart disease.

Anyone, including children, can develop heart disease.

Source: American Heart Association

Graphics: Vecteezy
Dinora Treviño made it her goal to start living healthy as an example to her family. **You are what you eat:**

“I started with looking at what I eat. I realized that I was eating too much food and not enough vegetables. I also noticed that I drank too much soda and ate too much fried food. I began to slowly cut back on the size of my meals and started adding more fruits and vegetables to my plate, drinking more water and avoiding junk food.”

**Know your numbers?** They could just save your life.

“I started with a very simple workout: jumping rope. I also started running and riding my bicycle.”

Dinora is also part of the free Tu Salud ¡Sí Cuenta! Zumba classes.

“Being in a group workout is a very positive, motivating and fun!”

**No Excuses:**

“It’s so easy to create your own obstacles: I’m too tired. I’m too busy. I made the decision to stop making excuses.”

**Surround yourself with people that encourage and support you. Dinora takes pride in being an example to her husband and children.**

“Tell your family why it’s important to make these healthy changes. You’ll motivate them, and they will encourage you.”

**Healthy Recipe: Baked Tilapia with Tomatoes**

**INGREDIENTS:**
- Nonstick vegetable oil spray
- 4 tilapia fillets
- 4 medium tomatoes, peeled and chopped
- 2 tablespoons olive oil
- 1 ½ teaspoons thyme
- ¼ cup pitted black olives, diced
- ½ teaspoon red pepper flakes
- 2 cloves garlic, minced
- ½ cup red onion, diced
- 1 tablespoon lime juice
- Parsley and lemon wedges for garnish

**PREPARATION:**
1. Preheat oven to 400°F
2. Spray baking dish with vegetable oil spray
3. Arrange fillets in the baking dish. The dish should be large enough so the fillets do not overlap
4. Mix remaining ingredients in a bowl
5. Spoon the tomato mixture evenly over the fillets
6. Bake uncovered 15-20 minutes or until the fish flakes easily with a fork
7. Garnish with parsley and a lemon wedge

**Take Action with These 7 Simple Steps!**

There are some things that you cannot change that may put you at a higher risk of heart disease (family history, race, etc.).

However, there are a lot of things that you can control!

1. Manage your Blood Pressure
2. Control Cholesterol
3. Reduce Blood Sugar
4. Get Active
5. Eat Better
6. Lose Weight
7. Stop Smoking

**Ideal numbers for most adults are:**

<table>
<thead>
<tr>
<th>Blood Pressure</th>
<th>Less than 120/80 mm Hg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fasting Blood Sugar</td>
<td>Less than 100 mg/dL</td>
</tr>
<tr>
<td>Body Mass Index (BMI)</td>
<td>Less than 25 kg/m2</td>
</tr>
</tbody>
</table>

**Source:** American Heart Association  
**Graphics:** Vecteezy.com