### Men's Health

**ON YOUR FEET ALL DAY? YOU STILL NEED TO EXERCISE!**

Just because your job includes physical activity doesn't mean you don't have to exercise.

<table>
<thead>
<tr>
<th>Date(s) &amp; Time</th>
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<tr>
<td><strong>Monday &amp; Wednesday 8:30 a.m. - 9:30 a.m.</strong></td>
<td><strong>Buen Pastor Church 121 W Arroyo Blvd.</strong> Contact: Miranda (956) 346-9005</td>
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<tr>
<td><strong>Tuesday &amp; Thursday 9:15 a.m. - 10:15 a.m.</strong></td>
<td><strong>Church of Our Lady of San Juan 900 N. Arroyo Blvd.</strong> Contact: Christine (956) 357-3101</td>
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<tr>
<td><strong>Tuesday &amp; Thursday 10:00 a.m. - 11:00 a.m.</strong></td>
<td><strong>Express Park 2645 Tulipán St.</strong> Contact: Carolina (956) 346-9005</td>
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**Take advantage of weekends by doing some light weightlifting, running or bike riding.**

**Lift heavy things at work?**

Do a few extra reps as you go along to build muscle while on the job.

**Stretch every day to make yourself more flexible and help prevent injuries.**

**Be conscious of your form. Remember to lift with your legs, not your back.**

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**Healthy Recipe**

**Source:** HellaWella

Exercising regularly, including cardio and strength training will protect your body from daily wear and tear.
INGREDIENTS:

2 lbs fish fillets or shrimp
8 garlic cloves
1 Tbsp minced fresh cilantro
1 habanero chile or jalapeño
1 small red onion, sliced paper-thin
Salt and black pepper
16 large romaine lettuce leaves
2 avocados, diced
2 tomatoes, diced
10 limes
Hot sauce

PREPARATION:

1. Cube fish and place in a non-reactive dish.
2. Juice limes into a food processor. Squeeze them well, but avoid the membrane, which can cause bitterness. Add garlic and cilantro. Seed hot pepper, remove white ribs, and whack it into a few pieces; throw it into the processor. Pulse until garlic cloves and pepper are finely minced. Pour this mixture over fish. Slice onion and add it to fish.
3. Refrigerate and let fish marinate overnight. Stir once or twice.
4. Next day, drain off most of the lime juice, leaving enough to keep fish moist. Salt and pepper to taste.

If you drink alcohol, limit yourself

You may drink alcohol at barbeques, after work or when you’re stressed out but too much alcohol, like too much of any food or drink, can cause you to gain unwanted pounds.

12 oz. regular beer
150 calories
5 oz. red wine
100 calories
6 pack of beer
1,800 calories
12 oz. Margarita
680 calories

Drinking alcohol increases the risk of cancer of the colon, mouth, throat, esophagus and liver in men.

Take charge of your health

Try the following:

Exercise
Limit alcohol
Stop smoking
Maintain a healthy weight
Eat a healthy diet with plenty of fruits & vegetables

Source: Mayo Clinic

Noe Cortez recognized that his blood pressure, cholesterol and blood sugar levels were all out of control. But it wasn’t until he realized that he could not play with his children that he decided to change his unhealthy habits.

“It’s difficult to make changes when you’ve lived a certain lifestyle for so long. It’s difficult to break bad habits,” Noe said. “But I knew I was too fat. I couldn’t even play football with my boys. I knew I had to lose weight.”

In addition to changing his unhealthy eating habits and reducing the size of his meals, Noe started riding his bicycle. “We all do it. We have a bike stored in the garage, doing nothing with it except hanging clothes to dry,” he joked. “I started riding my bike, having a great time, but most importantly, doing more exercise.”

Noe is proud of his weight loss, and he now enjoys keeping up with his boys. “I’m running with them, riding our bicycles together, really enjoying being healthy,” he said. “It’s not easy, but you have to find someone that motivates you. For me, my boys were my motivation.”

Source: Men’s Fitness

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