

# YOUR HEALTH MATTERS!



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

**vallevisión**  
xhab 7



## Liquid Calories

### COMMON MYTHS DEBUNKED!

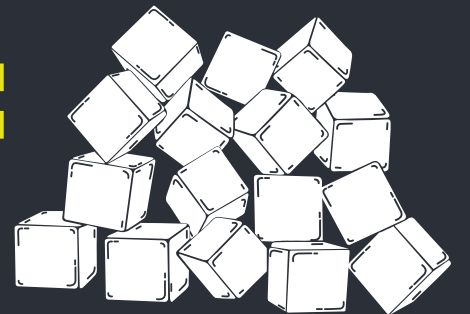
**Myth:** Fruit drinks are healthy  
**FACT:** Many fruit drinks have very little or no actual fruit in them.

**Myth:** People need sport drinks after exercising  
**FACT:** Water is the best choice, even for people who are very active.

### >>> Rethink Your Drink <<<<



20 oz. soda



16 tsp. sugar

Source: Sugary Drink Facts

Graphics: Vecteezy

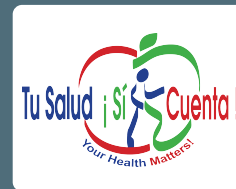
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Exercise Classes

APRIL 2017

## Free Exercise Classes



Laguna Vista    Port Isabel    Rio Hondo    Los Fresnos    Los Fresnos    Harlingen    San Benito

**Location:** Roof Top 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

**Dance Fitness**  
Tues., Wed., Thurs., Fri.  
6:00 p.m. - 7:00 p.m.

**Contact:** Alexfaith (956) 434-7525

**Location:** Community Center  
213 Yurra St.

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

**Contact:** Cecilia (956) 266-2231

**Location:** Civic Center  
121 Arroyo Blvd.

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

**Zumba**  
Thurs.  
6:00 p.m. - 7:00 p.m.

**Contact:** Miranda (956) 238-0027

**Location:** Memorial Park  
900 N. Arroyo Blvd.

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

**Lap Swimming**  
Tue., Thurs.  
6:30 p.m. - 8:30 p.m.

**Basketball**  
8:00 a.m. - 10:00 a.m.  
Mon., Tue., Wed., Thurs.  
6:30 p.m. - 9:00 p.m.

**Sat.**  
3:00 p.m. - 6:00 p.m.

**Contact:** Christine (956) 312-1406

**Location:** Memorial Park  
900 N. Arroyo Blvd.

**Location:** Saint Cecilia Church  
Salon Parroquial  
606 W Ocean Blvd.

**Date(s) & Time(s):**  
Fri.  
8:00 a.m. - 9:00 a.m.

**Contact:** Carolina (956) 346-9005

**Location:** Abundant Life Church  
101 N. O St.

**Date(s) & Time(s):**  
Tues. & Thurs.  
9:00 a.m. - 10:0 p.m.

**Contact:** Teresita (956) 551-2704

**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.

**Contact:** Letty (956) 357-4564

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

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

**Contact:** Alba (956) 755-0612 or Nira (956) 755-0609 or Mirra (956) 243-6431

**Location:** Community Center  
21646 Hand Rd.

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

**Contact:** Ashley (956) 425-3905

**Location:** Scott Stovane Memorial Park, 121 E Lillac Ave.

**Date(s) & Time:**  
Mon., Tue., Wed., Thurs.  
10:00 a.m. - 11:00 a.m.

**Contact:** Ashley (956) 425-3905

**Location:** Sebastian Poy Express Park  
434 W 8th St.

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

**Contact:** Denise (956) 399-4255

**Location:** Memorial Park  
900 N. Arroyo Blvd.

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

**Contact:** Christine (956) 312-1406

**Location:** Memorial Park  
900 N. Arroyo Blvd.

**Location:** Saint Cecilia Church  
Salon Parroquial  
606 W Ocean Blvd.

**Date(s) & Time(s):**  
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8:00 a.m. - 9:00 a.m.

**Contact:** Carolina (956) 346-9005

**Location:** Abundant Life Church  
101 N. O St.

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

**Contact:** Teresita (956) 551-2704

**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.

**Contact:** Letty (956) 357-4564

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

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

**Contact:** Alba (956) 755-0612 or Nira (956) 755-0609 or Mirra (956) 243-6431

**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.

**Location:** Gonzalez Park  
34 Tony Gonzalez Dvne

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

**Contact:** Belinda (956) 459-8431

**Location:** Meronita del Cordero  
1033 N. Minnesota

**Date(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  
\*For parents of children in BISD

**Date(s) & Time(s):**  
Mon. - Thurs.  
12:00 p.m. - 1:00 p.m.

**Location:** Oliveira Park  
104 E. El Paso Rd.

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

**Location:** Buen Pastor Church  
2645 Tulipan St.

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

**Location:** Bob Clark Social Service Center  
(Brown)  
9901 California Rd.

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

**Contact:** Teresita (956) 551-2704

#### Brownsville



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

ONLINE: [www.tusauldsicuenta.info](http://www.tusauldsicuenta.info) | CONTACT US: (956) 755-0680



CONNECT WITH US!



**HEALTHY LIVING**  
Role Model

The exercise group that meets at the Parish Hall of San Ignacio de Loyola Church in San Benito motivate & encourage each other, including what foods they introduce to their bodies through their diet. These are their comments about the importance of drinking plenty of water throughout the day.

"It's very important to hydrate because we lose a lot of liquid while we exercise. It's important to replenish it. **There's nothing more healthy than water.** You can put slices of lemon or cucumber, without sugar. It hydrates you and satisfies your stomach. Check all the ingredients of your sugared drinks. Nothing is healthy. With time, all those drinks will make you sick. Water does not make you sick. It's very healthy."  
- Christy Loyola

"I'm very active and so are my friends. Instead of drinking soda, which has lots of calories, we're trying to take care of our sugar levels. **That's why it's important to drink water instead of soda.** Every now and then i drink coffee, but water is very important. Drink natural teas without sugar. I stopped drinking sodas and instead drink tea."  
- Janie Leon



"**I left behind everything with sugar.** I cut it out for the most part. I only drink water or add some fruits to it. I feel very well, and it has helped me to drink water every day throughout the day. Change your habit of drinking sports drinks when you workout. Drink just natural water. Those drinks have lots of sugar and calories."  
- Silvia Cruz

"Water is the best drink because it doesn't have calories and is very refreshing."  
- Maria Rodriguez

## HEALTHY RECIPE: INFUSED WATER



Source: All Recipes

### FLAVOR ENHANCERS:

#### Fruit & Vegetables

Pineapple, Strawberry, Mango, Orange, Grapefruit, Watermelon, Cucumber, Blueberry, Kiwi, Raspberry

#### Herbs & Spices

Mint, Basil, Cinnamon, Ginger Root, Rosemary, Cilantro

### PREPARATION:

1. Fill a large jar or pitcher with cold or room temperature water.
2. Add your flavor enhancers, which can include any combination of the above fruits, veggies, fresh herbs or spices. It is important to cut or slightly crush the ingredients to allow the flavors to mingle in the water.
3. Mix ingredients and allow them to sit in the fridge for at least two hours. Strain into glass or water bottle.

**Keep it simple and consider flavor combinations you enjoy.**

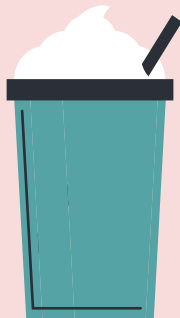
**Here are some ideas to get you started:**

cucumber + mint + strawberry | watermelon + basil | lemon + raspberry + rosemary



## RETHINK WHAT YOU DRINK!

Calories from beverages you consume throughout the day can really add up!

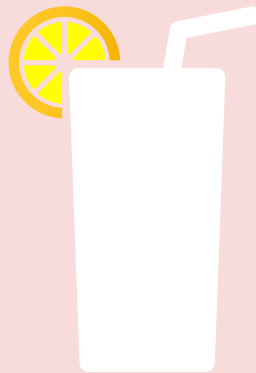


**Instead of... Calories**

Cafe Latte made with whole milk { 190 { 16 oz. } }

**Try... Calories**

Cafe Latte made with non-fat milk 65



**Instead of... Calories**

Lemonade 200 { 16 oz. }

**Try... Calories**

Water with lemon 0



**Instead of... Calories**

Soda 150 { 12 oz. }

**Try... Calories**

Mineral water 0