

YOUR HEALTH MATTERS!



Inspiration for HEALTHY CHANGE

FIVE FITNESS ESSENTIALS

Health includes taking care of all parts of our bodies, including our spirit.

FOOD:
Eat whole foods that bring good energy to your body and mind.

FAITH:
A faith foundation can energize a transformational change of the mind, body and spirit while empowering you to make healthy lifestyle choices.

FITNESS:
Find movement that you enjoy and repeat. Have fun doing it!

FOCUS:
... on a grander plan and priorities in your life. Periodically reflect on your values, beliefs and principles.



FRIENDS:
Connecting with a community of support greatly improves your chances of making a healthy lifestyle change.

Source: Experience Life

Graphics: Vecteezy

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Free Exercise Classes



August 2017

Free Exercise Classes

Los Indios

Location:
Senior Center
309 E Heywood

Date(s) & Time:
Walking class
Mon., Tue., Wed, Thurs
6:00 p.m. - 7:00 p.m.
Contact: Denise
(956) 399-4295

Combes

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

Harlingen

Location:
Abundant Life Church
101 N. O St.

Date(s) & Time(s):
Tues. & Thurs.
9:00 a.m. - 10:00 a.m.
Contact: Raquel
(956) 357-2078

Los Fresnos

Location:
Memorial Park
900 North Arroyo Blvd.

Cardio Kick Boxing
Monday
8:30 a.m. - 9:30 a.m.
Body Sculpting
Tues. & Thurs.
8:30 a.m. - 9:30 a.m.
Fitness Blender
Wednesday
8:30 a.m. - 9:30 a.m.

Zumba
Mon., Tue., Wed., Thurs.
6:30 p.m. - 7:30 p.m.

Contact: Christine (956) 312-1406

Port Isabel

Location:
Community Center
213 Yurria St.

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

Location:
Municipal Pool
1802 3rd St.

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

Contact: Cecilia
(956) 266-2231

Rio Hondo

Location:
Civic Center
121 Arroyo Blvd.

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

Bodyweight
Thurs.
6:00 p.m. - 7:00 p.m.

Contact: Miranda
(956) 564-3658

San Benito

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)357-4664

Location:
Parish Hall
San Ignacio de Loyola,
24380 W.US Hwy2811

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

Contact:
Alba (956) 755-0609 or
Nina (956) 755-0612 or
Milma (956) 243-6431

Location:
Boys and Girls Club
410 N. Stookley Rd

Date(s) & Time
Piloxing
Tue., Thurs.
9:00 a.m. - 10:00 a.m.

Contact: Kenia
(956) 312-2577

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.

Location:
Gonzalez Park
34 Tony Gonzalez
Dive

Date(s) & Time(s):
Mon., Wed & Fri.
5:30 p.m. - 6:30 p.m.
Contact: Belinda
(956) 459-8431

Location:
Memoria del Cordero
Church 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.
For parents of children
in BISD

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

Location:
Olivera Park
104 E. El Paso Rd.

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

Location:
Buen Pastor Church
2845 Tulipan St.

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

Location:
1419 Taylor St.
Housing Authority

Date(s) & Time(s):
Mon., Wed., Fri.
5:30 p.m. - 6:30 p.m.
Contact: Nina
(956) 755-0612

Location:
Bob Clark Social Serv-
ce Center (Brownwe)
9901 California Rd.

Date(s) & Time(s):
Zumba
Tue., Thurs.
8:30 a.m. - 09:30 a.m.
Contact: Teresita
(956) 551-2704



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

ONLINE: www.tusaludsi cuenta.org | CONTACT US: (956)755-0680



CONNECT WITH US!



"It was amazing how I was able to be more confident not just in myself but in my faith."



Joy Bennett, a member of Valley Praise Church in Harlingen, admits there was a point in her life when she allowed herself to gain weight, neglected her health and became depressed.

Then, her faith greatly influenced her decision to start living healthy.

She describes the congregation at Valley Praise as an active community that does walking, running, cycling and even plays softball, all inspired by their faith.

Joy says it's important to get encouragement and motivation through a like-minded community, which in her case was her church.

"I broadened my horizons, took-up some exercise programs and felt healthier and stronger," Joy said. "It was amazing how I was able to be more confident not just in myself but in my faith."

NOTE: While not everyone belongs to a faith community or even believes in religion or higher power, studies have shown that some people's health can benefit from the added support and motivation faith-based groups can provide.

Risks of Not Being Active

Stroke
Obesity
Certain Cancers
Osteoporosis
Depression
Anxiety



Premature Death
Heart Disease
Type 2 Diabetes
High Blood Pressure
High Cholesterol

HEALTHY RECIPE: SAUTÉED SPINACH AND CHICKPEAS



Source: American Heart Association

INGREDIENTS:

- | | |
|----------------------------|--|
| 1 tablespoon canola oil | 2 cups water |
| 1 medium onion, chopped | 1 can (15 oz.) chickpeas, rinsed and drained |
| 1 cup of chopped spinach | 1/4 teaspoon of salt |
| 1 can (8 oz.) tomato sauce | 1/2 teaspoon black pepper |

PREPARATION:

1. In a large skillet, heat the oil over medium-high heat. Add the onion and sauté for 2-3 minutes, or until tender. Add the spinach and sauté for an additional 2 minutes.
2. Reduce the heat to medium-low, stir in the remaining ingredients, and cool, half-covered, for 20 to 25 minutes, or until the sauce thickens. Serve immediately.

How do I improve my social support network?

1 Meet new people

By attending church, community events or volunteering

2 Let go of unhealthy ties

Use your judgement and let go of negative relationships



3 Be patient

Making new friends can take time

4 Take care of your relationships

Keep in touch with your support networks and support others when they need it.

The biggest advantage to approaching a fitness program as a spiritual practice is that it connects you with others who support your efforts to improve your health.