

YOUR HEALTH MATTERS!



Healthy Holidays

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

Healthy Holiday Eating Strategies

Try not to stand and talk near the food table

Wait 10 minutes before going back for more

Use a smaller plate

You will put less food on your plate

Bring a healthy dish

Your family, friends and coworkers will appreciate it!

Schedule regular family walks

Before or after meals

Fill your plate with vegetables and salad first

Before going to the entrees and desserts

Eat slowly and savor every bite

Do NOT skip meals to prepare for a big holiday party.

Could result in overeating

Source: Academy of Nutrition and Dietetics

Graphics: Vecteezy

INSIDE



Page 2
Role Model



Page 3
Healthy Recipe



Page 4
Free Exercise Classes

DECEMBER 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) 399-4255

Location:
Rioff Park

Date(s) & Time:
Zumba
Mon., Tue., Wed., Thurs, Fri.
8:30 a.m. - 9:30 a.m.
Contact: Alma
(956) 943-1793

Location:
Abundant Life Church
101 N. O St.

Date(s) & Time(s):
Cardio Kick Boxing
Monday
8:30 a.m. - 9:30 a.m.
Body Sculpting
Tues. & Thurs.
8:30 a.m. - 9:30 a.m.
Contact: Raquel
(956) 357-2078

Location:
Memorial Park
900 North Arroyo Blvd.

Date(s) & Time(s):
Monday
8:30 a.m. - 9:30 a.m.
Body Sculpting
Tues. & Thurs.
8:30 a.m. - 9:30 a.m.
Fitness Blender
Wed. & Fri.
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

Location:
Iglesia Santa Cecilia
Salon Parrouqui
606 W Ocean Blvd.

Date(s) & Time(s):
Mon., Wed., Thurs.
8:00 a.m. - 9:00 a.m.
Contact: Carolina (956) 346-9005

Location:
Parish Hall
San Ignacio de Loyola
24380 W.US Hwy281

Date(s) & Time
Mon., Wed, Fri.
8:30 a.m. - 9:30 a.m.
Contact:
Alba (956) 735-0609 or
Nina (956) 735-0612 or
Mima (956) 243-6431

Location:
Community Bldg
210 E. Heywood

Date(s) & Time:
Zumba
Mon., Wed,
5:30 p.m. - 6:30 p.m.
Strength & Toning
Wed., Fri.
8:00 a.m. - 9:00 a.m.
Contact: Letty
(956)357-4564

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) 564-3638

Location:
Memorial Park
900 North Arroyo Blvd

Date(s) & Time(s):
Water Aerobics
Tues. & Thurs.
7:00 a.m. - 8:00 a.m.
6:00 p.m. - 7:00 p.m.
Contact: Christine (956)312-1406

Location:
Los Queres Middle School

Date(s) & Time(s):
Basketball
Saturday
8:00 a.m. - 11:00 a.m.
Sunday
3:00 p.m. - 6:00 p.m.
Location:
Memorial Park
900 North Arroyo Blvd

Location:
Boys and Girls Club
410 N. Stookey Rd

Date(s) & Time
Piloxing
Tue., Thurs.
9:00 a.m. - 10:00 a.m.
Contact: Kenia
(956) 312-2577

Location:
Bod Clark Social Service Center (Brownel)
9901 California Rd.

Date(s) & Time(s):
Zumba
Tue., Thurs.
8:30 a.m. - 9:30 a.m.
Contact: Tressita
(956) 551-2704

Location:
Community Center
213 Yturba St.

Date(s) & Time:
Zumba
Mon., Wed, Thurs.
5:30 p.m. - 6:30 p.m.
Contact: Cecilia
(956) 266-2231

Port Isabel

Location:
Community Center
213 Yturba St.

Date(s) & Time:
Zumba
Mon., Wed, Thurs.
5:30 p.m. - 6:30 p.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) 564-3638

Brownsville

Location:
San Felipe de Jesus Church
2215 Rancho Viejo Ave.

Date(s) & Time(s):
Mon - Fri.
8:00 am - 9:00 am
Mon - Thurs
5:30 p.m. - 6:30 p.m.

Location:
Gonzalez Park
34 Tony Gonzalez Drive

Date(s) & Time(s):
Tues & Thurs
5:30 p.m. - 6:30 p.m.
Contact: Belinda
(956) 459-8431

Location:
Memoria del Condero 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.
5:30 p.m. - 6:30 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
26451 Tulipan St.

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

Location:
1419 Taylor Str. Housing Authority

Date(s) & Time(s):
Mon., Wed, Fri.
5:45 p.m. - 6:45 p.m.
Contact: Nina
(956) 755-0672



ON TELEVISION: Be sure to catch our segments on the Buenos Dias Program, 8:00 a.m. on channel Valleyvision ONLINE: www.tusaludsicuenta.org | CONTACT US: (956)755 -0680



CONNECT WITH US!

You have a right to attend and understand this training. If you wish to attend and you require language services or an accommodation for a disability, please contact Lisa Mitchell-Bennett at lisa.mitchell-bennett@uh.tmc.edu at least 72 hours before the class. You may complain about access by calling the HHSC Civil Rights Office at 888-388.6332.



"I knew I couldn't diet, but I had to make a change for life."



HEALTHY LIVING » Role Model «



Roxana Sanchez knows the holidays can be challenging, especially since she has overcome obesity and periods of depression. "It's fine to enjoy the food but there has to be a limit. You enjoy it more when you savor it, and have just a small amount."

Sanchez has worked hard to lose 100 pounds over the last 7 years. In 2011 she fell into a deep depression and her consolation for feeling down was to eat more. She reached a point of obesity in which she felt awful and knew she had to lose weight. "With that much weight your life is restricted. You can't do most activities, and you really feel sick and sluggish."

"I knew I couldn't diet, but I had to make a change for life. And part of that is learning to enjoy smaller amounts of food, and finding opportunities to move more, especially during the holidays."

Roxana now teaches Zumba and healthy living to other women who struggle to stay healthy.

Her story is an inspiration and you can watch it online at vimeo.com/tusaludsicuenta. Check out our articles on Roxana's tips for healthy holidays.

FOCUS ON FUN, NOT FOOD

Plan a fun outdoor holiday activity. Check with your city for free family activities.

Volunteer in the community, as a family.

Go caroling at a nursing home, or just in your neighborhood.

Have the entire family help decorate the house.



Take your time eating and enjoy the company of others.

Make a Nighttime story time.

Source: Everyday Health

HEALTHY RECIPE: CHICKEN VEGETABLE SOUP WITH KALE



Source: SNAP-Ed

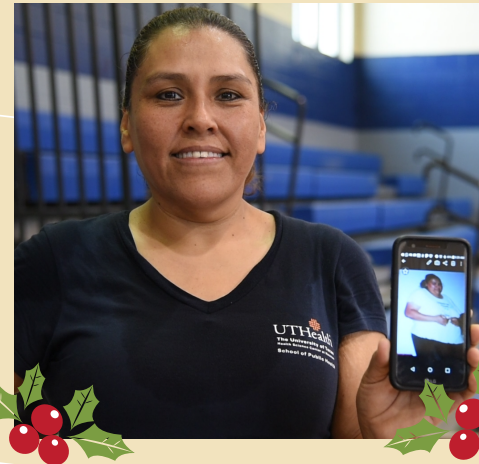
INGREDIENTS:

- | | |
|---------------------------|--|
| 2 teaspoons olive oil | 2 cups water |
| 1/2 cup onion (chopped) | 3/4 cup tomatoes (diced) |
| 1/2 cup carrot (chopped) | 1 cup chicken, cooked, skinned and cubed |
| 1 teaspoon thyme (ground) | 1/2 cup brown rice, cooked |
| 2 garlic cloves (minced) | 1 cup kale (chopped, about one large leaf) |

PREPARATION:

1. Heat oil in a medium sauce pan. Add onion and carrot. Sauté until vegetables are tender, about 5-8 minutes.
2. Add thyme and garlic. Sauté for one more minute.
3. Add water, tomatoes, cooked rice, chicken and kale.
4. Simmer for 5-10 minutes.

ROXANA'S TIPS FOR HEALTHY HOLIDAYS



Eat smaller portions

Walk 30 minutes a day.

Enjoy the festivities!

STAY POSITIVE

Drink a lot of water. Watch your calories from beverages!

Don't go hungry to a party.