

# YOUR HEALTH MATTERS!



## 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



# Free Exercise Classes

FEBRUARY 2017

- Los Indios
- Port Isabel
- Rio Hondo
- Los Fresnos
- Los Fresnos
- Harlingen
- San Benito

**Location:** Los Indios Community Bldg. 309 Heywood St.  
**Contact:** Denise (956) 399-4255

**Location:** Community Center 213 Yurria St.  
**Date(s) & Time:** **Zumba** Mon., 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):** **Bodyweight** 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.  
**Sat. 8:00 a.m. - 10:00 a.m.**  
**Basketball** Mon., Tue., Wed., Thurs. 6:30 p.m. - 9:00 p.m.  
**Sat. 3:00 p.m. - 6:00 p.m.**  
**Contact:** Christine (956) 407-3348

**Location:** Saint Cecilia Church Salon Parrourial 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. 11:30 a.m. - 12:30 p.m.  
**Contact:** Teresita (956) 551-2704

**Location:** Community Bldg. 210 E. Heywood  
**Date(s) & Time(s):** **Zumba** Tue. & Thurs. 8:00 a.m. - 9:00 a.m.  
**Contact:** Carolina (956) 346-9005 Kenia (956) 312-2577

### Combes

### Laguna Vista

### La Feria

**Location:** Community Center 21946 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:** Roloff 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

**Location:** Scott Sloane Memorial Park, 121 E Lila Ave.  
**Date(s) & Time:** Mon., Tue., Wed., Thurs. 10:00 a.m. - 11:00 a.m.  
**Contact:** Ashley (956) 425-3905

**Location:** Memorial Park Church 1033 N. Minnesota  
**Date(s) & Time(s):** Mon., Wed. & Fri. 9:00 a.m. - 10:00 a.m.  
**\*\*Low Impact class\*\***

**Location:** Saint Cecilia Church Salon Parrourial 606 W Ocean Blvd.  
**Date(s) & Time(s):** Fri. 8:00 a.m. - 9:00 a.m.  
**Contact:** Carolina (956) 346-9005

**Location:** Outreach Center, 1102 S. Commerce  
**Date(s) & Time(s):** Mon. & Thurs. 8:30 a.m. - 9:30 a.m.  
**Contact:** Karina (956) 357-3101

**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 or Nina (956) 755-0612 or (956) 755-0609

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

**Location:** Memonia 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:** 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 2945 Tulipan St.  
**Date(s) & Time(s):** Mon. - Thurs. 9:00 a.m. - 10:00 a.m.

**Location:** Community Bldg. 210 Heywood St.  
**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



ON TELEVISION: Be sure to catch our segments on the Buenos Dias Program, 8:00 a.m. - Channel 7, Vallevision  
ONLINE: www.tusaludscuenta.info | CONTACT US: (956)755-0680



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 ate. 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 ¡Si 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**



Source: U.S. Department of Health & Human Services

**INGREDIENTS:**

- |                                       |                                      |
|---------------------------------------|--------------------------------------|
| Nonstick vegetable oil spray          | ¼ cup pitted black olives, diced     |
| 4 tilapia fillets                     | ¼ teaspoon red pepper flakes         |
| 4 medium tomatoes, peeled and chopped | 2 cloves garlic, minced              |
| 2 tablespoons olive oil               | ½ cup red onion, diced               |
| 1 ½ teaspoons thyme                   | 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!

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

There's a lot of numbers we know by heart, like birthdays, pin numbers and phone numbers. There's another set of numbers we should know! Your heart depends on it!

**Ideal numbers for most adults are:**

- Blood Pressure  
Less than 120/80 mm Hg
- Fasting Blood Sugar  
Less than 100 mg/dL
- Body Mass Index (BMI)  
Less than 25 kg/m<sup>2</sup>



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

**THESE ARE SIMPLE AND AFFORDABLE STEPS THAT MAKE A BIG DIFFERENCE!**

**TRY CHOOSING ONE OR TWO TO FOCUS ON AT FIRST.**