# YOURHEALTHK MATTERS!





























**Healthy Recipe** 

Page 3





Free Exercise Classes

## Page 1



Take The Challenge



## **Change your life. Take the Challenge!**









**Healthy Weight-loss** 

**Eating Smart** 

**Portion Control** 

**Stay Active** 

## The Challenge-Brownsville is more than a weight-loss competition; it's an invitation to

change your unhealthy habits and make permanent lifestyle changes to improve your well-being. It's never too late to change your life - and inspire others, as well!

Throughout the 3-month event, participants will have access to exercise classes, nutritional information from experts, support from fitness and health experts and peer motivation from local organizations and clubs - ALL FOR FREE!

Follow all the activities and share your stories:



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# Location: Community Centre 213 Yturria St.

Location: Los Indios Community Bldg. 309 Heywood St.

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

Tue. :00 p.m. - 7:00 p.n

Location: Community Bldg. 210 E. Heywood

Combes

aguna Vista

ontact: Teresita (956) 551-2704

Zumba Wed. 5:00 p.m. - 7:00 p.m Contact: Mirand (956)238-0027

os Fresno

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

Roloff Park 122 Fernandez St

Location: Scott Sloane Memoria Park, 121 E Lilac Ave

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

Contact: Ashley (956) 425-3905

Zumba Mon. 6:00 p.m. - 7:00 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 Tulipán St.

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## The benefits of a lasting, healthy lifestyle include:



- Reduce your risk of cardiovascular disease and type 2 diabetes.
- ✓ Strengthen your bones and muscles.
- ✓ Improve your mental health and mood.
- ✓ Increase your chances of living longer.

Source: www.cdc.gov



# Las Guerreras: Determined to achieve their weight-loss goals

"Las Guerreras" were the large group winners of The Challenge 2016. With a team name that matches their personalities, this group of ladies were determined to achieve their weight loss goals by motivating each other.

"Every day, my teammates would send me messages to remind me to attend the classes or to see if I was still on track," said one of the team members. "I was motivated by the team, and I wanted to work extra hard for them." In 2016, las Guerreras worked hard and pushed one another, losing a combined 191.2 lbs.

Las Guerreras will be joining The Challenge 2017, and they want to encourage everyone to be a part of this year's event.

"I joined The Challenge to improve my health, and now I have gained new friendships and lost the pounds that I wanted," said one of Las Guerreras. "I feel great and I have gained so much from being a part of this. It has helped me not only to lose weight but to feel better overall. I think this is a great event to consider being part of."



### Las Guerreras 2016 team members:

Blanca Alday, Magaly Briseno, Enereida Carrillo, Mirna Carrizales, Mary Cuevas, Veronica Garcia, Ana Garrido, Astrid Garza, Jenny Leon, Maria Leon, Manuel Lerma, Cristina Loyola, Maria Meza, Aracely Ortiz, and Rudy Ortiz



## Healthy Recipe: Veracruz-Style Fish



#### Ingredients:

- 1 tbsp. of olive oil
- 1/2 medium onion, chopped
- 2 garlic cloves, minced
- 4 tomatoes, seeded and coarsely chopped
- 1/4 tsp. of cinnamon

- 1/4 tsp. of ground cloves
- 1 jalapeño, seeded and cut in strips
- 1 tbsp. of capers
- 6 sliced green olives
- 2 lb tilapia fillet, cut into 8 pieces

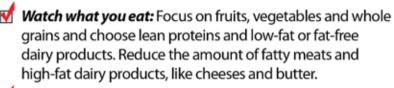
#### **Directions:**

- 1. Preheat the oven to 350 degrees. Coat a large baking pan with cooking spray; set aside.
- 2. In a large skillet, heat the oil over medium-high heat and saute the onion and garlic.
- 3. Add the tomatoes, cinnamon and ground cloves and cook in low heat for 3 minutes. Add the jalapeño, capers and olives and continue cooking for another 2 minutes.
- 4. Place the tilapia fillets on the prepared baking sheet. Pour the sauce over the fish and bake in the oven for about 20 minutes, until the fish flakes easily with a fork.

## Healthy diet & portion control are key to weight loss

Doing exercises that target and tone adominal muscles, like sit-ups, are helpful but not enough to drop that stubborn belly fat. Here are some tips to lose that weight:







- Keep meal portions in check: Calories add up quickly, even when eating healthy meals. Make sure you watch your portions at home. In restaurants, share meals or only eat half your meal and take the rest home.
- Include daily exercise: It is recommended for healthy adults to do at least 150 minutes a week of moderate activity, like walking, or 75 minutes a week of vigorous activity, like jogging. Strength training is also recommended.