

YOUR HEALTH MATTERS!



CONTENT	Page 1  Take The Challenge	Page 2  Role Model	Page 3  Healthy Recipe	Page 4  Free Exercise Classes
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Change your life. Take the Challenge!

 Healthy Weight-loss	 Eating Smart	 Portion Control	 Stay Active
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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: [f TheChallenge-RGV](https://www.facebook.com/TheChallenge-RGV)
[@TheChallengeRGV](https://www.instagram.com/TheChallengeRGV)



Free Exercise Classes

Los Indios Location: Los Indios Community Bldg. 309 Heywood St. Contact: Denise (956) 399-4255 Date(s) & Time: Tues. & Thurs. 11:30 a.m. - 12:30 p.m. Contact: Teresita (956) 551-2704	Harlingen Location: Abundant Life Church 101 N. O St. Date(s) & Time: Tues. & Thurs. 11:30 a.m. - 12:30 p.m. Contact: Teresita (956) 551-2704	Port Isabel Location: Community Center 213 Yturria St. Date(s) & Time: Mon, Wed, Thurs. 6:00 p.m. - 7:00 p.m. Contact: Cecilia (956) 266-2231	Rio Hondo Location: Civic Center 121 Arroyo Blvd. Date(s) & Time: Bootcamp Tue. 8:30 a.m. - 9:30 a.m. Zumba Wed. 6:00 p.m. - 7:00 p.m. Contact: Miranda (956) 228-0027	Los Fresnos Location: Memorial Park 900 N. Arroyo Blvd. Date(s) & Time: Mon., Tue., Wed., Thurs., Fri. 8:30 a.m. - 9:30 a.m. Dance Fitness Mon. 5:00 p.m. - 6:00 p.m. Tue., Wed., Thurs. 6:30 p.m. - 7:30 p.m. Basketball Mon., Tue., Wed. 6:30 p.m. - 9:00 p.m. Contact: Christine (956) 407-3348	San Benito Location: Community Bldg. 210 E. Heywood Date(s) & Time: Tue. & Thurs. 8:00 a.m. - 9:00 a.m. Contact: Carolina (956) 346-9005 Kenia (956) 312-2577	San Benito Location: Community Bldg. 210 Heywood St. Date(s) & Time: 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
Combes Location: Community Center 21646 Hand Rd. Date(s) & Time: HIT/Bootcamp Mon., Tue., Wed., Thurs. 5:30 p.m. - 6:30 p.m. Contact: Ashley (956) 425-3905	Laguna Vista Location: Rokloff 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	La Feria Location: Scott Shoane Memorial Park, 121 E Llac Ave. Date(s) & Time: Mon., Tue., Wed., Thurs. 10:00 a.m. - 11:00 a.m. Contact: Ashley (956) 425-3905	Los Fresnos Location: Saint Cecilia Church Salon Parroquial 606 W Ocean Blvd. Date(s) & Time: Fri 8:00 a.m. - 9:00 a.m. Contact: Carolina (956) 346-9005	Los Fresnos Location: San Ignacio de Loyola 24380 W. US Hwy 281 Parish Hall 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	San Benito Location: Community Bldg. 210 Heywood St. Date(s) & Time: 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	San Benito Location: Community Bldg. 210 Heywood St. Date(s) & Time: 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
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. Contact: Belinda (956) 459-8431	Brownsville 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	Brownsville 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**	Brownsville 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.	Brownsville Location: Oliveira Park 104 E. El Paso Rd. Date(s) & Time(s): Mon. - Thurs. 8:30 a.m. - 9:30 a.m.	Brownsville Location: Buen Pastor Church 2645 Tulipán St. Date(s) & Time(s): Mon. - Thurs. 9:00 a.m. - 10:00 a.m.	Brownsville Location: Buen Pastor Church 2645 Tulipán St. Date(s) & Time(s): Mon. - Thurs. 9:00 a.m. - 10:00 a.m.

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

ONLINE
 Connect with us!
 www.tusaludsicuenta.info

CONTACT US
 (956) 755-0680

Find us on  [facebook](https://www.facebook.com/TheChallenge-RGV)



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.
- ✓ Improve your ability to do daily activities.

Source: www.cdc.gov

HEALTHY LIVING Role Model



Las Guerreras 2016 team members:

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

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.”



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.

Source: www.diabetes.org

Healthy diet & portion control are key to weight loss

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



✓ **Watch what you eat:** Focus on fruits, vegetables and whole grains and choose lean proteins and low-fat or fat-free dairy products. Reduce the amount of fatty meats and high-fat dairy products, like cheeses and butter.



✓ **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.