

YOUR HEALTH MATTERS!



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Know the Benefits

Physical activity does not need to be intensive. A walk in the park can help you live a healthier life.

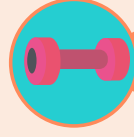
Walking helps you:



Maintain a healthy weight



Prevent or manage different illnesses such as: heart disease, high blood pressure & type 2 diabetes



Strengthen bones & muscles



Improve your mood



Improve balance & coordination

The faster, farther and more frequently you walk, the greater the benefits.

Source: Mayo Clinic

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Free Exercise Classes

July 2017

Free Exercise Classes



Laguna Vista

Combes

Harlingen

Los Fresnos

Los Fresnos

Rio Hondo

San Benito

Location:
Rofort Park
122 Fernandez St

Dates(s) & Time:
Zumba
Mon., Tue., Wed., Thurs., Fri.
8:30 a.m. - 9:30 a.m.

Contact: Martha
(956) 353-1882

Dance Fitness
Tues., Wed., Thurs., Fri.
6:00 p.m. - 7:00 p.m.

Contact: Alexfaith
(956) 434-7525

Location:
Community Center
21646 Hand Rd.

Dates(s) & Time:
HITT/Bootcamp
Mon., Tue., Wed., Thurs.
5:30 p.m. - 6:30 p.m.

Contact: Ashley
(956) 425-3905

Location:
Abundant Life Church
101 N. O St.

Dates(s) & Time(s):
Tues. & Thurs.
9:00 a.m. - 10:0 p.m.

Contact: Raquel
(956) 357-2078

Location:
Memorial Park
900 N. Arroyo Blvd.

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

Contact: Carolina
(956) 346-9005

Location:
Santa Cecilia Church
Salon Parronquial
606 W Ocean Blvd.

Dates(s) & Time(s):
Mon., Wed., Fri.
8:00 a.m. - 9:00 a.m.

Contact: Carolina
(956) 346-9005

Location:
Civic Center
121 Arroyo Blvd.

Dates(s) & Time(s):
Bodyweight/Zumba
Tue.
6:00 p.m. - 7:00 p.m.

Contact: Carolina
(956) 346-9005

Location:
Community Bldg
210 E. Heywood

Dates(s) & Time:
Zumba
Mon., Tues., Wed., Thurs.
5:30 p.m. - 6:30 p.m.
Wed. & Fri.
8:00 a.m. - 9:00 a.m.

Contact: Letty
(956) 357-4564

Location:
Pansh Hall
San Ignacio de Loyola,
24380 W US Hwy 281

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

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

Port Isabel

Location:
Community Center
213 Yturria St.

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

Contact: Cecilia
(956) 266-2237

Los Indios

Location:
Senior Center
309 E Heywood

Dates(s) & Time:
Walking class
Mon., Wed., Thurs.
10:00 a.m. - 10:45 a.m.

Contact: Denise
(956) 241-7926

Brownsville

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

Dates(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

Dates(s) & Time(s):
Mon., Wed & Fri.
5:30 p.m. - 6:30 p.m.

Contact: Belinda
(956) 459-8431

Location:
Memorial del Cordero
Church 1033 N.
Minnesota

Dates(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

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

Location:
Oliveira Park
104 E El Paso Rd.

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

Location:
Buen Pastor Church
2645 Tulipan St.

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

Location:
1419 Taylor Str.
Housing Authority

Dates(s) & Time(s):
Mon., Wed, Fri.
5:30 p.m. - 6:30 p.m.

Contact: Nina
(956) 755-0672

Location:
BdO Clark Social Serv-
ce Center (Brownie),
9901 California Rd.

Dates(s) & Time(s):
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, Vallevisión

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

CONNECT WITH US!





"I feel more agile and with lots more energy."

HEALTHY LIVING
Role Model

Carmen Osorio, 59 years old, decided to change her unhealthy eating habits and started exercising daily after almost losing her arm due to her uncontrolled sugar level

Carmen tells us about the importance of managing blood sugar levels and adding more exercise to your daily routine, along with a balanced and healthy diet.

"I got to a very delicate stage, about to lose my arm completely," Carmen said. "After that, I made lots of changes in my life."

Although she lost part of one finger, Carmen now lives a healthier life, and she notices the difference.

"I have noticed lots of changes in my health. I have also lost weight. I feel more agile and with lots more energy."

Carmen now enjoys her Zumba classes and walking, especially on the beach. "I like going to the beach in the morning. I walk for an hour. If I can't go, I walk in my house."

HEALTHY RECIPE: HOMEMADE BLACK BEAN VEGGIE BURGER

INGREDIENTS:



Source: All Recipes

- | | |
|--|-------------------------------------|
| 1 (16 oz.) can black beans, drained and rinsed | 1 tablespoon chili powder |
| 1/2 green bell pepper, cut into 2 inch pieces | 1 tablespoon cumin |
| 1/2 onion, cut into wedges | 1 teaspoon chili sauce or hot sauce |
| 3 cloves garlic, peeled | 1/2 cup bread crumbs |
| 1 egg | Your Favorite Veggies |

PREPARATION:

- 1) If grilling, preheat an outdoor grill for high heat, and lightly oil a sheet of aluminum foil. If baking, preheat oven to 375°F, and lightly oil a baking sheet.
- 2) In a medium bowl, mash black beans with a fork until thick and pasty.
- 3) In a food processor, finely chop bell pepper, onion, and garlic. Then stir into mashed beans.
- 4) In a small bowl, stir together egg, chili powder, cumin, and chili sauce.
- 5) Stir the egg mixture into the mashed beans. Mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into four patties.
- 6) If grilling, place patties on foil, and grill about 8 minutes on each side. If baking, place patties on baking sheet, and bake about 10 minutes on each side. Top with your favorite vegetables.

What to wear when you walk:

HAT OR SUN VISOR

SUNSCREEN

DRESS IN LIGHT-COLORED CLOTHING

SYNTHETIC, BREATHABLE FABRICS

WALKING SHOES

TIPS FOR WALKERS

WATER

Stay hydrated

STRETCH

5-10 min. after you warm up

GOOD POSTURE

Look forward, not at the ground, keeping your chin up

WARM UP

Walk in place for 3-5 min.

SHOES

Wear shoes made for walking or exercise