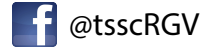


# YOUR HEALTH MATTERS!



Connect with us!



www.tusauldsicuenta.org



# MEN'S HEALTH



## ON YOUR FEET ALL DAY? YOU STILL NEED TO EXERCISE!

Just because your job includes physical activity doesn't mean you don't have to exercise.



Take advantage of weekends by doing some light weightlifting, running or bike riding.

Stretch every day to make yourself more flexible and help prevent injuries.



Be conscious of your form. Remember to lift with your legs, not your back.



Lift heavy things at work? Do a few extra reps as you go along to build muscle while on the job.



Exercising regularly, including cardio and strength training will protect your body from daily wear and tear.

Source: HellaWella

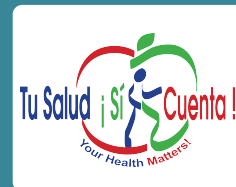
### INSIDE



Page 2  
Role Model



Page 3  
Healthy Recipe



Page 4  
Free Exercise Classes



## Free Exercise Classes

June 2017

### Laguna Vista

**Location:**  
Rooff 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: Alexiafath**  
(956) 434-7525

### Port Isabel

**Location:**  
Community Center  
213 Yuma St.

**Dates(s) & Time:**  
**Zumba**  
Mon., Tue., Wed., Thurs.  
6:00 p.m. - 7:00 p.m.  
**Contact: Cecilia**  
(956) 266-2231

### Harlingen

**Location:**  
Abundant Life Church  
1011 N. O St.

**Dates(s) & Times(s):**  
Tues. & Thurs.  
9:00 a.m. - 10:00 a.m.  
**Contact: Raquel**  
(956) 357-2078

**Location:**  
Outreach Center  
1102 S. Commerce

**Dates(s) & Time**  
Mon., Thurs.  
9:30 a.m. - 10:30 a.m.  
**Contact: Karina**  
(956) 357-3101

### Los Fresnos

**Location:**  
Memorial Park  
900 N. Arroyo Blvd.

**Dates(s) & Times(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.

**Zumba**  
Mon., Tue., Thurs.  
6:00 p.m. - 7:00 p.m.  
**Contact: Christine**  
(956) 312-1406

### Los Fresnos

**Location:**  
Santa Cecilia Church  
606 W Ocean Blvd.

**Dates(s) & Times(s):**  
Mon., Wed., Fri.  
8:00 a.m. - 9:00 a.m.  
**Contact: Carolina**  
(956) 346-9005

### Rio Hondo

**Location:**  
Civic Center  
121 Arroyo Blvd.

**Dates(s) & Times(s):**  
**Zumba**  
Tue.  
9:15 a.m. - 10:15 a.m.

**Bodyweight/Zumba**  
Tue.  
6:00 p.m. - 7:00 p.m.

**Bodyweight**  
Thurs.  
9:15 a.m. - 10:15 a.m.

**Location:**  
Seniors Center  
121 W Arroyo Blvd.

**Chair Exercise**  
Tue., Thurs.  
11:15 a.m. - 12:15 a.m.  
**Contact: Miranda**  
(956) 564-3638

### San Benito

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

**Dates(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

**Location:**  
Parish 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  
Mina (956) 755-0612 or  
Mirna (956) 243-6431

**Location:**  
Boys and Girls Club  
410 N. Stookev Rd

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

### Combes

**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

### La Feria

**Location:**  
Scott Sioane Memorial  
Park, 121 E Liliac Ave.

**Dates(s) & Time:**  
Mon., Tue., Wed., Thurs.  
10:00 a.m. - 11:00 a.m.  
**Contact: Ashley**  
(956) 425-3905

### Sebastian

**Location:**  
Sebastian Pony  
Express Park  
434 W 8th St.

**Dates(s) & Time:**  
Tue., Thurs.  
10:00 a.m. - 11:00 a.m.  
**Contact: Denise**  
(956) 399-4255

### Brownsville

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

**Dates(s) & Times(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) & Times(s):**  
Mon., Wed & Fri.  
5:30 p.m. - 6:30 p.m.  
**Contact: Belinda**  
(956) 459-8431

**Location:**  
Meronita del Cordero  
Church 1033 N.  
Minnesota

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

**Location:**  
Olivella Park  
104 E. El Paso Rd.

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

**Location:**  
Buen Pastor Church  
2645 Tulipan St.

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

**Location:**  
1419 Taylor St.  
Housing Authority

**Dates(s) & Times(s):**  
Mon., Wed., Fri.  
5:30 p.m. - 6:30 p.m.  
**Contact: Nina**  
(956) 755-0612

**Location:**  
Bob Clark Social Serv-  
ice Center (Brownes),  
9901 California Rd.

**Zumba**  
**Dates(s) & Times(s):**  
Tue., Thurs.  
8:30 a.m. - 09:30 a.m.  
**Contact: Teresita**  
(956) 561-2704



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

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





### HEALTHY LIVING Role Model

Noe Cortez recognized that his blood pressure, cholesterol and blood sugar levels were all out of control. But it wasn't until he realized that he could not play with his children that he decided to change his unhealthy habits.






**"It's difficult to make changes when you've lived a certain lifestyle for so long. It's difficult to break bad habits," Noe said. "But I knew I was too fat. I couldn't even play football with my boys. I knew I had to lose weight."**

In addition to changing his unhealthy eating habits and reducing the size of his meals, Noe started riding his bicycle. "We all do it. We have a bike stored in the garage, doing nothing with it except hanging clothes to dry," he joked. "I started riding my bike, having a great time, but most importantly, doing more exercise."

**Noe is proud of his weight loss, and he now enjoys keeping up with his boys. "I'm running with them, riding our bicycles together, really enjoying being healthy," he said. "It's not easy, but you have to find someone that motivates you. For me, my boys were my motivation."**

## Take charge of your health

Try the following:

-  Exercise
-  Limit alcohol
-  Stop smoking
-  Maintain a healthy weight
-  Eat a healthy diet with plenty of fruits & vegetables

Source: Mayo Clinic



## HEALTHY RECIPE: SPICY CEVICHE



Source: Men's Fitness

### INGREDIENTS:

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| 2 lbs fish fillets or shrimp         | Salt and black pepper           |
| 8 garlic cloves                      | 16 large romaine lettuce leaves |
| 1 Tbsp minced fresh cilantro         | 2 avocados, diced               |
| 1 habanero chile or jalapeño         | 2 tomatoes, diced               |
| 1 small red onion, sliced paper-thin | 10 limes                        |
|                                      | Hot sauce                       |

### PREPARATION:

1. Cube fish and place in a non-reactive dish.
2. Juice limes into a food processor. Squeeze them well, but avoid the membrane, which can cause bitterness. Add garlic and cilantro. Seed hot pepper, remove white ribs, and whack it into a few pieces; throw it into the processor. Pulse until garlic cloves and pepper are finely minced. Pour this mixture over fish. Slice onion and add it to fish.
3. Refrigerate and let fish marinate overnight. Stir once or twice.
4. Next day, drain off most of the lime juice, leaving enough to keep fish moist. Salt and pepper to taste.

Source: Livestrong

## If you drink alcohol, limit yourself

You may drink alcohol at barbecues, after work or when you're stressed out but too much alcohol, like too much of any food or drink, can cause you to gain unwanted pounds.



12 oz. regular beer  
**150 calories**



5 oz. red wine  
**100 calories**



6 pack of beer  
**1,800 calories**



12 oz. Margarita  
**680 calories**

Drinking alcohol increases the risk of cancer of the colon, mouth, throat, esophagus and liver in men.