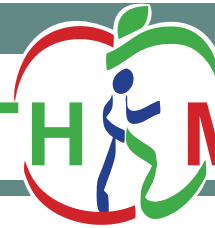


# YOUR HEALTH MATTERS!



## CANCER & OBESITY

Cancer is the LEADING CAUSE of death in Hispanics.

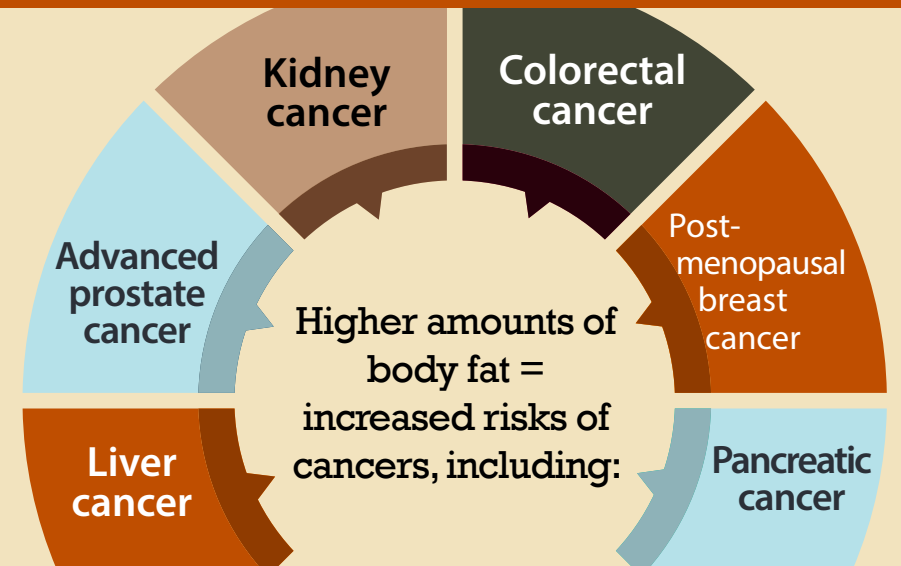


**1 in 3 Hispanic men** will be diagnosed with cancer in their lifetime.



**1 in 3 Hispanic women** will be diagnosed with cancer in their lifetime.

**OBESITY:** When a person has an unhealthy amount and/or distribution of body fat.



Source: American Institute for Cancer Research

Graphics: Vecteezy

### INSIDE



Page 2  
Role Model



Page 3  
Healthy Recipe



Page 4  
Free Exercise Classes



## Free Exercise Classes

OCTOBER 2017

**Los Indios**

**Location:** Senior Center  
309 E Heywood  
**Date(s) & Time:** **Walking class**  
Mon., Tue., Wed, Thurs.  
6:00 p.m. - 7:00 p.m.  
**Contact: Denise**  
(956) 399-4255

**Location:** Community Center  
21846 Hand Rd.  
**Date(s) & Time:** **HITT/Bootcamp**  
Mon., Tue., Wed., Thurs.  
5:30 p.m. - 6:30 p.m.  
Tue., Wed, Thurs.  
6:30 p.m. - 7:30 p.m.  
**Contact: Ashley**  
(956) 425-3905

**Location:** Abundant Life Church  
101 N. O St.  
**Date(s) & Time(s):**  
Tues. & Thurs.  
9:00 a.m. - 10:00 a.m.  
**Contact: Raquel**  
(956) 357-2078

**Location:** Memorial Park  
900 North Arroyo Blvd.  
**Date(s) & Time(s):** **Monday Cardio Kick Boxing**  
8:30 a.m. - 9:30 a.m.  
**Water Polo**  
Tues. & Thurs.  
5:00 a.m. - 6:00 p.m.  
**Body Sculpting**  
Tues. & Thurs.  
8:30 a.m. - 9:30 a.m.  
**Fitness Blender**  
Wed. & Fri.  
8:30 a.m. - 9:30 a.m.

**Location:** Civic Center  
121 Arroyo Blvd.  
**Date(s) & Time(s):**  
Tue.  
6:00 p.m. - 7:00 p.m.  
**Contact: Miranda**  
(956) 564-3638

**Location:** BISD Gym  
900 North Arroyo Blvd.  
**Date(s) & Time(s):** **Lap Swimming**  
Mon., Wed, Friday  
6:00 a.m. - 8:00 a.m.  
& 7:00 p.m. - 8:00 p.m.  
Tues., Thurs.  
6:00 a.m. - 8:00 a.m.  
Saturday  
8:00 a.m. - 10:00 a.m.  
**Contact: Christine**  
(956) 312-1406

**Location:** Iglesia Santa Cecilia  
Salon Parroquial  
606 W Ocean Blvd.  
**Date(s) & Time(s):**  
Mon., Wed., Thurs.  
8:00 a.m. - 9:00 a.m.  
**Contact:**  
Carolina (956) 346-9005

**Location:** Los Cuates Middle School  
**Basketball**  
Saturday  
8:00 a.m. - 11:00 a.m.  
Sunday  
3:00 p.m. - 6:00 p.m.  
**Location:** Memorial Park  
900 North Arroyo Blvd  
**Water Aerobics**  
Tues. & Thurs.  
7:00 a.m. - 8:00 a.m.  
6:00 p.m. - 7:00 p.m.  
**Contact:**  
Christine (956) 312-1406

**Location:** Parish Hall  
San Ignacio de Loyola,  
24380 W.U.S Hwy281  
**Date(s) & Time**  
Mon., Wed., Fri.  
8:30 a.m. - 9:30 a.m.  
**Contact:**  
Alba (956) 755-0609 or  
Nina (956) 755-0612 or  
Mirna (956) 243-6431

**Location:** Community Bldg  
210 E. Heywood  
**Date(s) & Time:**  
Mon., Wed  
5:30 p.m. - 6:30 p.m.  
**Strength & Toning**  
Wed., Fri.  
8:00 a.m. - 9:00 a.m.  
**Contact: Letty**  
(956) 357-4564

**Port Isabel**

**Location:** Community Center  
213 Yurra St.  
**Date(s) & Time:** **Zumba**  
Mon., Tue., Wed, Thurs.  
6:00 p.m. - 7:00 p.m.  
**Contact: Cecilia**  
(956) 266-2231

**Location:** Roloff Park  
**Date(s) & Time:** **Zumba**  
Mon., Tue., Wed., Thurs., Fri.  
8:30 a.m. - 9:30 a.m.  
**Contact: Alma**  
(956) 943-1793

**Location:** Bodvveight  
Thurs.  
6:00 p.m. - 7:00 p.m.  
**Contact: Miranda**  
(956) 564-3638

**Rio Hondo**

**Location:** Menonita del Cordero Church  
1033 N. Minnesota  
**Date(s) & Time(s):**  
Mon., Wed. & Fri.  
9:00 a.m. - 10:00 a.m.  
\*\*Low Impact class\*\*  
**Date(s) & Time(s):**  
Mon. - Thurs.  
12:00 p.m. - 1:00 p.m.  
5:30 p.m. - 6:30 p.m.

**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.  
5:30 p.m. - 6:30 p.m.

**Location:** Los Cuates Middle School  
**Basketball**  
Saturday  
8:00 a.m. - 11:00 a.m.  
Sunday  
3:00 p.m. - 6:00 p.m.  
**Location:** Memorial Park  
900 North Arroyo Blvd  
**Water Aerobics**  
Tues. & Thurs.  
7:00 a.m. - 8:00 a.m.  
6:00 p.m. - 7:00 p.m.  
**Contact:**  
Christine (956) 312-1406

**Location:** Iglesia Santa Cecilia  
Salon Parroquial  
606 W Ocean Blvd.  
**Date(s) & Time(s):**  
Mon., Wed., Thurs.  
8:00 a.m. - 9:00 a.m.  
**Contact:**  
Carolina (956) 346-9005

**Location:** Los Cuates Middle School  
**Basketball**  
Saturday  
8:00 a.m. - 11:00 a.m.  
Sunday  
3:00 p.m. - 6:00 p.m.  
**Location:** Memorial Park  
900 North Arroyo Blvd  
**Water Aerobics**  
Tues. & Thurs.  
7:00 a.m. - 8:00 a.m.  
6:00 p.m. - 7:00 p.m.  
**Contact:**  
Christine (956) 312-1406

**Location:** Parish Hall  
San Ignacio de Loyola,  
24380 W.U.S Hwy281  
**Date(s) & Time**  
Mon., Wed., Fri.  
8:30 a.m. - 9:30 a.m.  
**Contact:**  
Alba (956) 755-0609 or  
Nina (956) 755-0612 or  
Mirna (956) 243-6431

**Location:** Community Bldg  
210 E. Heywood  
**Date(s) & Time:**  
Mon., Wed  
5:30 p.m. - 6:30 p.m.  
**Strength & Toning**  
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.

**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) 469-8431

**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.  
5:30 p.m. - 6:30 p.m.

**Location:** Iglesia Santa Cecilia  
Salon Parroquial  
606 W Ocean Blvd.  
**Date(s) & Time(s):**  
Mon., Wed., Thurs.  
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**Contact:**  
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**Location:** Los Cuates Middle School  
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**Contact:**  
Christine (956) 312-1406

**Location:** Parish Hall  
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(956) 357-4564



ON TELEVISION: Be sure to catch our segments on the Buenos Dias Program, 8:00 a.m. on channel Vallesión  
ONLINE: www.tusaludsi cuenta.org | CONTACT US: (956) 755-0680



CONNECT WITH US!



**"I think our health is something we all take for granted until something like this happens."**

**HEALTHY LIVING**  
*Role Model*

On February 2016, 28-year-old Karen Cuellar was diagnosed with stage three triple-negative breast cancer. Eight rounds of chemotherapy, 28 rounds of radiation, and a double mastectomy later Karen was cancer free.

However, that only lasted five months. Her cancer returned.

Karen is now taking a more natural approach at fighting her cancer. It includes taking natural supplements and vitamins, change of diet and plenty of exercise.

"Taking care of yourself, going to the gym and eating right is good for anyone. I think our health is something we all take for granted until something like this happens."

Having cancer can affect a person not only physically, but emotionally as well. Karen's outlet has always been through exercise and that's still the case.

**"Just knowing that I could go to the gym and be physically active even though I'm sick made me feel good about myself."**

Her battle is definitely not over, but she continues to fight with her family in mind.

"You just have to keep pushing and fighting and hold on to your loved ones. They want you here and you have to fight not just for yourself, but for them."

## CANCER MYTHS

### Myth

"It doesn't matter what I do. If I'm going to get cancer, I'll get it no matter what."



### FACT

Some cancers may be preventable by: Eating a healthy diet, exercising regularly, avoiding tobacco, getting recommended screenings.

### Myth

"If I don't have a family history of cancer, then I don't need to worry about ever getting it."



### FACT

About 1 in 20 cases of cancer are passed down by family. More than 80% of breast cancer cases aren't related to family history.

## HEALTHY RECIPE: TURKEY TACO LETTUCE WRAPS



Source: Cooking Classy

### \*INGREDIENTS:

- |                              |   |
|------------------------------|---|
| 1 Tbsp. olive oil            | 1/2 tsp paprika   |
| 3/4 cup chopped yellow onion | 1/2 cup tomato sauce  |
| 1 lb. lean ground turkey     | 1/2 cup low-sodium chicken broth                            |
| 2 cloves garlic              | Pinch of salt and pepper                                    |
| 2 Tbsp. chili powder         | Iceberg or Romaine lettuce leaves (doubled up, for serving) |
| 1 tsp ground cumin           |   |

\*Optional toppings: shredded low-fat cheese, diced Roma tomatoes, diced red onion, diced avocado, chopped cilantro

### PREPARATION:

1. Add all ingredients into a blender and blend well
2. Heat a large skillet over medium heat and grease with cooking spray.
3. Pour batter onto skillet to make pancakes of desired size (smaller work better). When the edges begin to brown, carefully flip pancake and cook the other side.
4. Serve warm with fruit, yogurts, peanut butter or other desired condiments.



## REDUCE YOUR CANCER RISK

Nearly 50% of the most common cancers can be prevented by doing the following:



**The choices we make every day affect our chances of getting cancer.**

Source: American Institute for Cancer Research