

YOUR HEALTH MATTERS!



Childhood Obesity



Sugary Drinks

Eating and drinking a lot of sugar leads to high blood pressure, high cholesterol, diabetes and inflammation in the body.



Lemonade 16 oz
12 tsp. sugar



Fruit Juice 12 oz.
10 tsp. of sugar



Sweet Tea 16 oz.
14 tsp. sugar

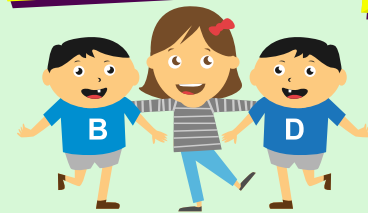


Sports Drink 20 oz.
15 tsp. of sugar



Soda 12 oz.
10 tsp. of sugar

Keep track of how much sugar your child drinks! Swap to water, or infused water.



Children ages 2 to 18 should eat or drink **less than 6** teaspoons of added sugars daily.

Source: American Heart Association

Graphics: Vecteezy

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Free Exercise Classes

SEPTEMBER 2017

Free Exercise Classes



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
21646 Hand Rd.

Date(s) & Time:
HIT/Bootcamp
Mon., Tue., Wed., Thurs.
5:30 p.m. - 6:30 p.m.
Contact: Denise
(956) 399-4255

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.
Contact: Raquel
(956) 357-2078

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:
CIMC Center
121 Arroyo Blvd.

Date(s) & Time(s):
Zumba
Tue.
6:00 p.m. - 7:00 p.m.
Contact: Miranda
(956) 564-3638

Location:
Community Bldg.
210 E. Heywood

Date(s) & Time:
Zumba
Mon. Wed.
5:30 p.m. - 6:30 p.m.
Tue., Fri.
8:00 a.m. - 9:00 a.m.
Contact: Letty
(956) 357-4564

Location:
Community Center
213 Yurria St.

Date(s) & Time:
Zumba
Mon., Tue., Wed, Thurs.
6:00 p.m. - 7:00 p.m.
Contact: Cecilia
(956) 266-2237

Location:
Rolf Park

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

Location:
Rolf Park

Date(s) & Time:
Counrty Heat Dance
Tues. & Thurs.
10:30 a.m. - 11:30 a.m.
Contact: Ashley
(956) 425-3995

Location:
Memorial Park
900 North Arroyo Blvd.

Date(s) & Time:
Monday Water Polo
5:00 p.m. - 6:00 p.m.
Tues. & Thurs. Body Sculpting
8:30 a.m. - 9:30 a.m.
Wed. & Fri. Fitness Blender
8:30 a.m. - 9:30 a.m.
Contact: Christine (956) 312-1406

Location:
Los Cuates Middle School

Date(s) & Time(s):
Lap Swimming
Mon., Wed., Fri.
6:00 a.m. - 8:00 a.m.
7:00 p.m. - 8:00 p.m.
Tues., Thurs.
6:00 a.m. - 7:00 a.m.
Saturday
8:00 a.m. - 10:00 a.m.

Location:
Memorial Park
900 North Arroyo Blvd

Date(s) & Time:
Basketball Open Gym
Mon., Tue., Wed., Thurs.
6:30 p.m. - 9:00 p.m.
Saturday
8:00 a.m. - 11:00 a.m.
Sunday
3:00 p.m. - 6:00 p.m.
Information: Christine
(956) 312-1406

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

Date(s) & Time
Mon., Wed., Fri.
8:30 a.m. - 9:30 a.m.
Contact: Alba (956) 755-0699 or
Mira (956) 755-0612 or
Mirra (956) 243-6431

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213 Yurria St.

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6:00 p.m. - 7:00 p.m.
Contact: Cecilia
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Parish Hall
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24380 W US Hwy 281

Date(s) & Time
Mon., Wed., Fri.
8:30 a.m. - 9:30 a.m.
Contact: Alba (956) 755-0699 or
Mira (956) 755-0612 or
Mirra (956) 243-6431

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) 459-8431

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

Location:
BISD Gym*
(wellness center)
708 Palm Blvd.
in BISD

Date(s) & Time(s):
Mon. - Thurs.
5:30 p.m. - 6:30 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 Tulipan St.

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

Location:
Bob Clark Social Service
Center (Brownel)
9901 California Rd.

Date(s) & Time(s):
Tue., Thurs.
8:30 a.m. - 9:30 a.m.
Contact: Teresita
(956) 551-2704



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



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

CONNECT WITH US!



"I always tell my students to be physically active, exercise and eat healthy."

HEALTHY LIVING
» Role Model «

Santa Estrella, teacher at Brownsville Early College High School, encourages her students to be physically active each day, beyond their regular activities in P.E. class. She believes physical activity helps students be more attentive and focused in the classroom.

"I always tell my students to be physically active, exercise and eat healthy," Ms. Estrella said. "I've even asked them to take their parents to do exercise with them. Parents also need to be involved."

Ms. Estrella enrolled students in the Make Your Move Experience, which challenges participants to keep track of their miles in walking, running and cycling to earn a prize for their school.

"I asked the students to be attentive to all the exercise they do every day," Ms. Estrella said. "A lot of times, they're not aware of their daily activity. It encourages them to know."

For more information about Make Your Move Experience, please visit www.facebook.com/mymergv

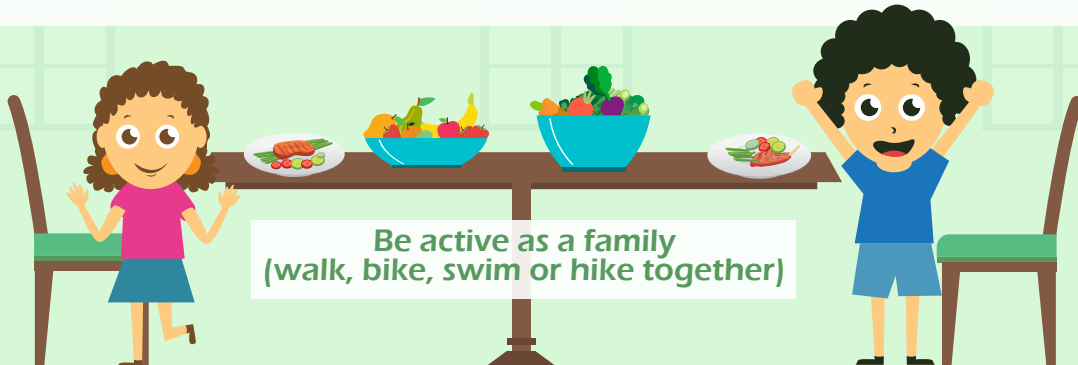
HOW TO MAKE HEALTHY EATING PATTERNS FOR YOUR KIDS

Bake, broil, roast or grill meats instead of frying them

Use small portions

Eat meals at the table together

Have fruits and vegetables easily accessible at home



Be active as a family (walk, bike, swim or hike together)

HEALTHY RECIPE: BANANA SMOOTHIE PANCAKES



Source: Super Healthy Kids

INGREDIENTS:

2 medium bananas

3 large eggs

1/4 cup milk

1/4 cup Greek yogurt, plain

2/3 cup flour, whole wheat

1/2 teaspoon baking soda

Cooking spray

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.

Screen Time - Rules to Follow

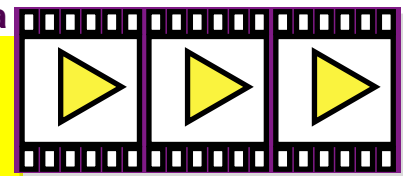


Set a timer

No more than 1-2 hours a day

Good media

Check the videos and games they play. (Music, encourages movement, play)



Watch with them

help them apply what they are seeing to real life

Too much screen time has been linked to:

- Obesity
- Trouble sleeping
- Violence
- Loss of social skills
- Behavior problems

