



Día de los Niños



cycloBia Nights

Friday
 April 27, 2018
 6:30 P.M. - 9:30 P.M.

Free bike rentals, music, Zumba, kids zone & much more!



CycloBiaBrownsville.com
 956.546.HELP (4357)



YOUR HEALTH MATTERS!



FAMILY HEALTH

This material was funded by USDA's Supplemental Nutrition Assistance Program Education (SNAP-ED).

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Physical activity is important for children and adults of all ages.
Adults need 2.5 hours a week of physical activity and
children need 60 minutes a day.

Be an Active Family!

WORK AROUND THE HOUSE

Involve the kids by having them help you with raking, weeding, planting, or vacuuming.

EXPLORE YOUR COMMUNITY

Find out what programs your community recreation center offers for free or at a low cost.



TURN OFF THE TV/DEVICES

Limit TV/computer/tablet use to a max of 2 hours a day. Instead, play an active family game, dance to good music, or go for a walk.

TREAT THE FAMILY WITH FUN PHYSICAL ACTIVITY

When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.

Source: Center for Disease Control

Graphics: Skyclick / Freepik

TAKE THE ROAD TO HEALTHY LIVING

THE CHALLENGE

BROWNSVILLE, TX

FINALE | SAVE THE DATE

FRIDAY, APRIL 20TH 5 P.M. - 8 P.M. Brownsville Central Library 2600 Central Blvd.	SATURDAY, APRIL 21ST 9 A.M. - 12 P.M. Linear Park/Farmer's Market E. 7th Street and Harrison Winners announced at 12:30 p.m.
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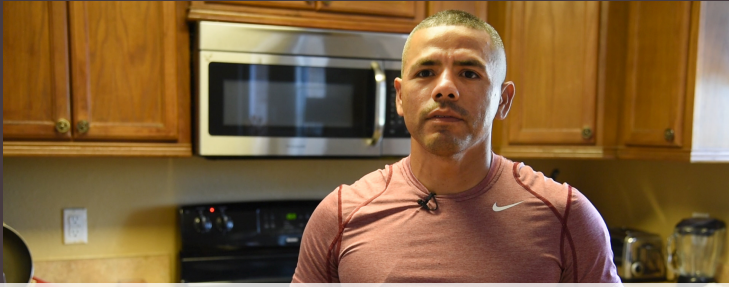
Don't forget: completing The Challenge with as little as 5% weight loss automatically enters you into a raffle to win \$1500! **Must be present at 12:30 PM on SATURDAY to win.**

San Benito Community Building
 210 E. Heywood, St. San Benito, TX
Mondays
 10 a.m. – 11:30 a.m.

Los Fresnos Community Center
 32995 Henderson Rd. Los Fresnos, TX
Thursdays
 6:30 p.m. – 8:00 p.m.

Group Lifestyle Balance™
Diabetes Prevention Program
 Rio Grande State Center, 1401 S Rangerville Rd
 Harlingen, TX

Tuesday, May 1, 2018
 For more information contact Alma
 Martinez at (956) 561-3025



HEALTHY LIVING
Role Model

<< EFRAIN GARCIA >>

"My wife and I love to work out and we love to eat healthy and as parents we think it's very important for us to get our children accustomed to living a healthy lifestyle."

"Exercising as a family is not only fun, but it brings you closer together. You want to live as long as you can and stay healthy not just for yourself, but for your family as well."



HEALTHY RECIPE: CHICKEN AND CELERY SALAD



INGREDIENTS:

- 1 small onion, finely chopped
- 1 garlic clove, finely chopped
- 2 tbsp. lemon juice
- 2 tbsp. olive oil
- 1 tsp. fresh parsley, finely chopped
- ½ tsp. fresh thyme, chopped or ¼ tsp. dried thyme
- 1 tsp. fresh chile, finely chopped
- 2 cups cooked chicken, cut into small pieces
- 1 cup celery, finely chopped
- Salt and pepper (optional)

PREPARATION:

- 1) In a medium bowl, mix together the onion and garlic.
- 2) Stir in the lemon juice, olive oil, parsley, thyme and chile.
- 3) Add the chicken.
- 4) Add a pinch of salt and pepper if desired.
- 5) Just before serving, add the celery.

Source: The Happy Kitchen | Cocina Alegre

MAKING FAMILY MEALS

Family meals around the table provide an opportunity to spend time together. Try these tips to help your family enjoy mealtimes together.

01

PLAN A WEEKLY MENU

Post it in the kitchen where everyone can see.

02

PREP AHEAD

After you shop, cut up vegetables, measure, and store ingredients in advance for easier meal prep.

03

MAKE MEALTIME A PRIORITY

Try to cook, eat up, and clean up together!



04

THINK BEYOND DINNER

If evenings are too busy, try other meals for family time such as a weekend brunch or afternoon snack time.

05

MEALTIME IS FAMILY TIME

Have the family table be a device/stress free zone. Use your valuable family time to "unplug," interact, and focus on each other.