

TAKE THE ROAD TO HEALTHY LIVING

# THE CHALLENGE

BROWNSVILLE, TX

THE CHALLENGE FINALE - APRIL 21ST

Lose 5% of your weight to be entered to win \$1500 at The Challenge Finale on April 21st!

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# YOUR HEALTH MATTERS!

# Heart Health

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- INSIDE

Page 2  
Role Model

Page 3  
Healthy Recipe

Page 4  
Free Exercise Classes

*What is high blood pressure?*

When the force of blood pushing outwards on your arteries is higher than it should be.

Controlling Your Blood Pressure  
Keeping a healthy lifestyle can help you reduce and control blood pressure.

Reduce your salt intake.

Manage your stress.

Maintain a healthy weight.

Limit alcohol consumption.

Enjoy at least 30 min. of physical activity per day.

Avoid using tobacco.

Eat a well-balanced, low-salt diet.



**Sandra Palacios moves her way to controlling blood pressure.**



“For years I always felt tired and weak. I didn’t realize it was my high blood pressure causing this feeling. Finally, about 5 years ago, I went to the doctor and he told me I had to make changes to my diet and start exercising.”

“I had to take medication but could eventually work hard and maybe get off the medications. I began walking every morning, and then found the Tu Salud Si Cuenta exercise classes. They were fun and free!”

The classes were convenient and located close to Palacio’s home. They were just what she needed to find the support and motivation to get healthy!

“I have lost 60 pounds since I started exercising and making small changes to what I eat. I feel really good now and I now manage my blood pressure without any medication. The exercise has also helped me manage stress and my insomnia. In fact, **when I don’t exercise I feel awful now. I need it to be a regular part of my life.**”

If you have high blood pressure, it’s important to talk with your doctor, but exercise can be a powerful way to help control it, and the other benefits are great too!

### Blood Pressure Levels

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
Normal	Less than 120	and	Less than 80
Elevated	120 - 129	and	Less than 80
High Blood Pressure (Hypertension) Stage 1	130 - 139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (consult your doctor immediately)	Higher than 180	and/or	Higher than 120

Source: American Heart Association

### HEALTHY RECIPE: BELL PEPPER TURKEY NACHOS

#### INGREDIENTS:



Source: Humana

- 1 teaspoon of olive oil

2 garlic cloves

6 thinly sliced green onions

1 jalapeño finely chopped and seeds removed

1 lb. fat free ground turkey

1 teaspoon of chili powder

½ teaspoon of cumin
- 1 cup salsa

1 tablespoon of lime juice

1 bag of mini peppers

¾ cup of low-fat mozzarella cheese

¼ cup sliced black olives

½ large tomato diced

¼ cup cilantro

#### PREPARATION:

1. Preheat oven to 350 F.

2. Heat oil and add garlic, jalapeño and the white parts of the green onions. Cook and stir for about a minute.

3. Add ground turkey and chili powder and cumin. Cook completely.

4. Remove from heat and stir in the salsa.

5. Slice the ends off the mini peppers and slice length-wise in two. Remove the seeds and ribs.

6. Press each half open so they are as flat as possible without breaking.

7. Arrange on a large baking sheet.

8. Spoon nacho mixture evenly into each pepper.

9. Sprinkle with black olives and shredded cheese.

10. Bake nachos for 7 minutes or until cheese is melted.

11. Remove from oven and top with tomatoes, cilantro and the remaining green onions.

12. Serve warm or at room temperature.

### High Blood Pressure Can Lead to:

HEART  
ATTACK

**STROKE**

CONGESTIVE  
HEART FAILURE



**DECREASED  
VISION**

DAMAGED  
KIDNEYS

**HARDENED  
ARTERIES**