

YOUR HEALTH MATTERS!



TAKE THE ROAD TO HEALTHY LIVING

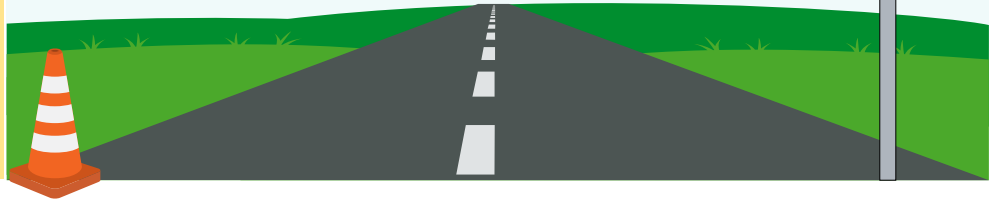
How to make 2018 your healthiest year yet.

- Join The Challenge-RGV 2018!
- Invite your family and friends to be active with you.
- Participate in our free exercise classes.
- If you missed The Challenge-RGV 2018 you can still access our free resources by visiting our facebook page: @TheChallengeRGV

Are you interested in a FREE weightloss class/support group?

The Group Lifestyle Balance Program is a year-long diabetes prevention program specifically designed to help you lose weight with the support and resources you need to be as successful as possible.

If you are interested, please contact: Jesus Moralez (956)371-1090 or jesus.moralez@uth.tmc.edu.



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Free Exercise Classes

JANUARY 2018

Los Indios Laguna Vista Harlingen Los Fresnos Los Fresnos San Benito San Benito

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:
Roff Park

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

Contact: Alma
(956) 943-1793

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.

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:
Iglesia Santa Cecilia
Salon Parrroquial
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:
Parish Hall
San Ignacio de Loyola,
24380 W US Hwy281

Date(s) & Time
Mon., Wed., Fri.
8:30 a.m. - 9:30 a.m.

Contact: Alba
(956) 755-0609 or

Location:
Community Bldg.
210 E. Heywood

Date(s) & Time:
Zumba
Mon., Wed.
5:30 p.m. - 6:30 p.m.

Strength & Toning
Wed., Fri.
8:00 a.m. - 9:00 a.m.

Location:
San Benito Heaven
Resaca Trails

Date(s) & Time:
Walking Class
Mon., Tues., Wed., Thurs
6:00 p.m. - 7:00 p.m.

Contact: Letty
(956) 357-4564

Location:
Community Center
213 Yurria St.

Date(s) & Time:
Zumba
Mon., Wed., Thurs.
5:30 p.m. - 6:30 p.m.

Contact: Cecilia
(956) 266-2237

Location:
Civic Center
121 Arroyo Blvd.

Date(s) & Time(s):
Zumba
Tue.
6:00 p.m. - 7:00 p.m.

Bodyweight
Thurs.
6:00 p.m. - 7:00 p.m.

Contact: Miranda
(956) 564-3638

Location:
Civic Center
121 Arroyo Blvd.

Date(s) & Time(s):
Wed. & Fri.
9:00 a.m. - 10:00 a.m.

Contact: Karina
(956) 357-3101

Location:
McKelvey Park
1325 S 77 Sunshine
Strip

Date(s) & Time(s):
Mon., Tue., Wed., Thurs.
6:30 p.m. - 7:30 p.m.

Contact: Christine
(956) 312-1406

Location:
Los Cuates Middle
School

Date(s) & Time(s):
Saturday
8:00 a.m. - 11:00 a.m.

Contact: Christine
(956) 312-1406

Location:
Boys and Girls Club
410 N. Stookey Rd

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

Contact: Kenia
(956) 312-2577

Location:
San Benito Kennedy
Park Fitness Zone

Date(s) & Time:
Fitness Zone Trail Exercises
Tues., Thurs.
7:00 a.m. - 8:00 a.m.

Contact: Letty
(956) 357-4564

Location:
Gonzalez Park
34 Tony Gonzalez
Drive

Date(s) & Time(s):
Tues. & Thurs.
5:30 p.m. - 6:30 p.m.

Contact: Belinda
(956) 458-8437

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.
12:00 p.m. - 1:00 p.m.

Contact: Letty
(956) 357-4564

Location:
Buen Pastor Church
2845 Tulipán St.

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

Location:
1419 Taylor Str.
Housing Authority

Date(s) & Time(s):
Mon., Wed., Fri.
5:45 p.m. - 6:45 p.m.

Contact: Nina
(956) 755-0612

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

Date(s) & Time(s):
Tue., Thurs.
8:30 a.m. - 9:30 a.m.

Contact: Teresita
(956) 551-2704

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.

Contact: Belinda
(956) 458-8437

Location:
Gonzalez Park
34 Tony Gonzalez
Drive

Date(s) & Time(s):
Tues. & Thurs.
5:30 p.m. - 6:30 p.m.

Contact: Belinda
(956) 458-8437

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

Date(s) & Time(s):
Mon. - Thurs.
12:00 p.m. - 1:00 p.m.

Contact: Letty
(956) 357-4564

Location:
Oliviera Park
104 E. El Paso Rd.

Date(s) & Time(s):
Mon. - Thurs.
8:30 a.m. - 9:30 a.m.

Location:
Buen Pastor Church
2845 Tulipán St.

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

Location:
1419 Taylor Str.
Housing Authority

Date(s) & Time(s):
Mon., Wed., Fri.
5:45 p.m. - 6:45 p.m.

Contact: Nina
(956) 755-0612

Location:
Bob Clark Social Service
Center (Blowme)
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



You have a right to attend and understand this training. If you wish to attend and you require language services or an accommodation for a disability, please contact Lisa Mitchell-Bennett at lisa.mitchell-bennett@uth.tmc.edu at least 72 hours before the class. You may complain about access by calling the HHSC Civil Rights Office at 888-388.6332.

Working Together Brings Positive Results



A group of women, mothers, grandmothers, many of whom have never had time or support to take care of their own health, gathered last spring to receive an award.

They met each other at a free exercise class offered by Tu Salud ¡Si Cuenta! at a local church in El Ranchito, and decided to form a team and enter The Challenge, a friendly weight loss competition sponsored by the City of Brownsville and the UTHealth School of Public Health.

They call themselves “Grupo las Divinas” and set out to lose weight and win a cash prize offered by the initiative. The Challenge inspired them to work together to make healthy changes. They walked, they danced, some of them ran together, and they shared healthy recipes and tips. But most importantly they encouraged each other.

“When one of us didn’t show up for class, or was wanting to drop out, we all gathered around her to offer our support. Together we lost over 60 pounds during The Challenge, and we are determined to keep it off” said team member Janie Leon.

Grupo las Divinas has proven that working with others to make healthy changes is a lot easier than trying to do it alone!

TIPS FOR STAYING MOTIVATED



HEALTHY RECIPE: MAYO-FREE AVOCADO CHICKEN SALAD



Source: Humana

INGREDIENTS:

- | | |
|---|----------------------------|
| 1/2 avocado | 3 celery stalks – diced |
| 1/2 cup plain low fat yogurt | 1/2 cup red onion – minced |
| 1/4 cup lime juice | 1/2 cup cilantro - minced |
| 12 oz. leftover cooked chicken breast – shredded or cubed | salt and pepper to taste |

PREPARATION:

- 1) In the bottom of a medium bowl, mash together avocado, plain yogurt and lime juice.
- 2) Toss in chicken, celery, red onion and cilantro. Season with salt and pepper to taste before serving.

1 AT HOME

- Walk before/after meals
- Exercise while watching TV
- Play with your kids/grandkids
- Plant a garden

3 AT WORK

- Take the stairs
- Walk around during breaks
- Join an employee sports team
- Stretch/bend every hour

2 AT PLAY

- Plan active family outings
- Take dance, martial arts, or yoga
- Walk, run or swim
- Join an activity-focused church group

HEALTHY WEIGHT-LOSS: THE SAFE WAY TO LOSE WEIGHT