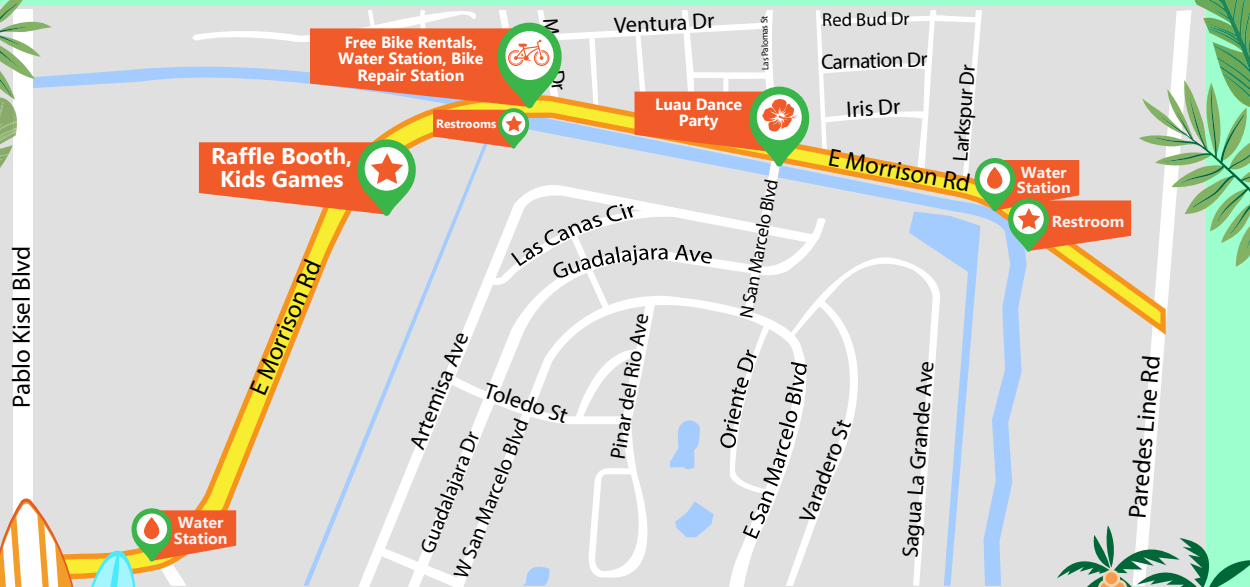


Streets will close at 5:30 p.m.

# ALOHA SUMMER

Friday, June 8, 2018  
6:30 p.m. - 9:30 p.m.



Free bike rentals, luau dance party, games & more!

CycloBiaBrownsville.com  
956.546.HELP (4357)  
f CycloBiaBrownsville

Presented by



You can prevent or delay diabetes. Make a change for life.

### Group Lifestyle Balance™ FREE Diabetes Prevention Program

Rio Grande State Center, 1401 S. Rangerville Rd  
Harlingen, TX  
**Starting May 8, 2018**  
12 p.m. - 1 p.m.

San Ignacio de Loyola (Parish Hall) 24380 W. US 281  
San Benito, TX  
**Starting May 23, 2018**

To sign up, contact Jesus Moralez (956)371-1090  
or Alma Martinez at (956) 561-3025.



GROUP LIFESTYLE BALANCE

**THE HAPPY KITCHEN**  
LA COCINA ALEGRE

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.

JUNE 2018

VOLUME 145

# YOUR HEALTH MATTERS!



## MEN'S HEALTH

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

### INSIDE



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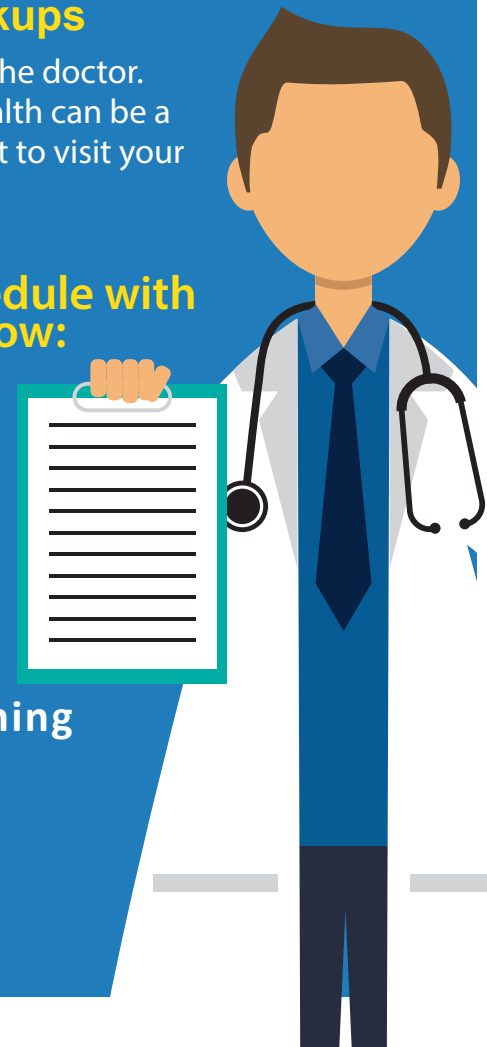
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Community Events

### Get Regular Checkups

Men are usually hesitant to go to the doctor. Skipping routine tests for your health can be a matter of life and death. Don't wait to visit your doctor until you are sick!

### 6 Screenings to schedule with your doctor now:

- ✓ Blood Pressure Test
- ✓ Cholesterol Test
- ✓ Prostate Cancer Screening
- ✓ Colon Cancer Screening
- ✓ Skin Cancer Check
- ✓ Diabetes Test



Source: Everyday Health

## LUTHER JONES

"I woke up this year weighing 238 pounds. I had high blood pressure and cholesterol and said 'I have to do something about this. I've gone down to 217 pounds, lost 4 inches on my waist and feel amazing."



"Part of the issue was a lot of drinking and a lot fried foods. I've completely done away with fried foods and sodas. I started taking care of myself because I have a seven year old granddaughter and four children I'd like to spend time with."

"I'm appreciative of the Tu Salud ¡Sí Cuenta! free exercise classes and so happy because of what it's done for me."



## HEALTHY RECIPE: TURKEY BURGER

### INGREDIENTS:



Source: The Happy Kitchen | Cocina Alegre

- |  |                           |
|--|---------------------------|
| 1 lb. ground turkey                                  | ¼ teaspoon fresh thyme    |
| 1 egg  | or ½ teaspoon dried thyme |
| 1 clove garlic, minced or grated                     | ¼ teaspoon salt           |
| 1 teaspoon fresh oregano or ¼ teaspoon dried oregano | 1 tablespoon canola oil   |

### PREPARATION:

- 1) Mix together all the ingredients.
- 2) Shape into patties.
- 3) Heat a skillet on medium heat and add oil.
- 4) Add the patties and cook until just done, turning once while cooking (about 4 minutes per side for medium-well; don't overcook or they will be dry).
- 5) Serve with your favorite burger toppings.

## INCREASED RISKS OF BELLY FAT IN MEN

Males often carry their extra weight in their midsection which is the most harmful location on the body to carry extra weight.

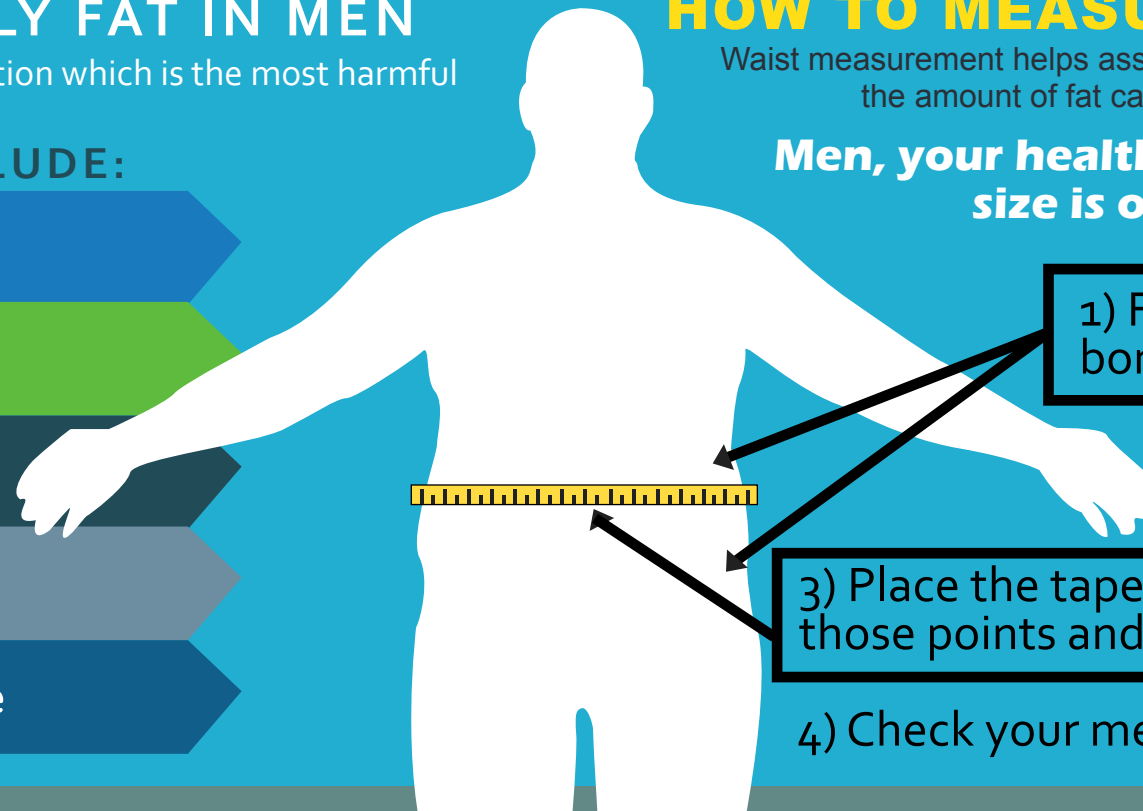
### INCREASED RISKS INCLUDE:

- 01 Sleep Apnea
- 02 Cardiovascular Disease
- 03 Type 2 Diabetes from Insulin Resistance
- 04 Colorectal Cancer
- 05 High Blood Pressure

## HOW TO MEASURE YOUR WAIST:

Waist measurement helps assess your health risks by measuring the amount of fat carried around your middle.

**Men, your health is at risk if your waist size is over 37 inches.**



1) Find the top of your hip bone and bottom of your ribs.

2) Breathe out normally.

3) Place the tape measure midway between those points and wrap it around your waist.

4) Check your measurement.