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BROWNSVILLE COMMUNITY IMPROVEMENT CORPORATION

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Funding Quality of Life Projects



TAKE THE ROAD TO HEALTHY LIVING

THE CHALLENGE

BROWNSVILLE, TX

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2018 Wellness & In-Kind Gym Partners

7 at 7 Bike Ride
7th & Park Cycles & Coffee
Alpha Elite Academy
Aquatic Workout
Breathe Hot Studio Yoga
Brownsville Wellness Coalition
Combat Fitness

Hardknox Strength & Performance
Infant & Family Nutrition Agency
Resaca De La Palma State Park
RGV Rowing Club
Team Beauty
Vikings Strength & Conditioning
Tu Salud ¡Sí Cuenta!

Check out our Facebook page to see
The Challenge-RGV 2018 winners!

@TheChallenge-RGV @TheChallengeRGV @TheChallengeRGV

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

MAY 2018

VOLUME 144

YOUR HEALTH MATTERS!



Women's Health

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

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What steps can women take for better health?

Get active.

Visit a doctor or nurse for a well-woman visit (checkup) and preventive screenings.

Eat healthy.

Pay attention to mental health, including getting enough sleep and managing stress.

Avoid unhealthy behaviors like: smoking, overeating, consuming too much alcohol, not exercising, and texting while driving.



MARIA ELENA ROMERO

"I just turned 84 and I'm very happy and very grateful to God and to all the people who have helped me get to where I am now. Nothing hurts. As soon as I get up in the morning I have a sense of joy in my heart."

"You need to love yourself, and protect your body by having good health and eating well, thinking well, and above all doing a lot of exercise and a lot of movement because movement is life. Music is food for the soul."



HEALTHY RECIPE: APPLESAUCE OATMEAL INGREDIENTS:



Source: The Happy Kitchen |
Cocina Alegre

1 cup 1% milk	1 dash vanilla extract
½ cup rolled oats	1 pinch ground cinnamon
½ cup unsweetened applesauce	Optional Topping:
1 tablespoon brown sugar	Fresh fruit
	Nuts

PREPARATION:

- 1) Heat milk in a small saucepan on medium heat.
- 2) Stir in the oats.
- 3) Cook the oats for 5 minutes or until thick, stirring often.
- 4) Add the applesauce, brown sugar, vanilla, and cinnamon.
- 5) Cook for 1 more minute, or until everything is hot.
- 6) Top with fresh fruit and nuts.

WELL WOMAN EXAM

Top reasons to get an annual well-woman exam:

Vaccinations

against the flu, human papillomavirus (HPV) and more.

Cancer Screenings

for breast cancer, colon cancer or other types of cancer.

Health Screenings

for cancer, diabetes, bone density for osteoporosis, high blood pressure and more.

Depression Screening

Let your health care provider know about your symptoms, how often they occur and how severe they are.

Issues with Your Menstrual Period

Discuss premenstrual syndrome (PMS), painful period, your first period, heavy bleeding, or irregular periods.

A yearly preventive checkup with your doctor to check on how you're doing, how you'd like to be doing and changes you can make to reach your health goals.

STEPS FOR DEALING WITH STRESS

Working, keeping up with household chores, and raising children can feel overwhelming at times. Follow these tips for dealing with the stress of juggling family life.

DO FUN THINGS WITH YOUR FAMILY

Regularly set aside time to do activities with your children, like playing catch, coloring, or dancing to music in the living room.

USE YOUR SUPPORT SYSTEM

Ask responsible family members for advice and/or if they would be willing to help by taking care of the children a few hours a week.

SEEK PROFESSIONAL HELP

Make an appointment with a psychologist or licensed mental health professional if you are feeling overwhelmed.

MAKE TIME FOR YOURSELF

Take a few minutes each day to do something you enjoy, whether it's chatting with a friend, listening to music, or watching a favorite show.

