Tu Salud ¡Sí Cuenta!
Tu Salud ¡Sí Cuenta! is a campaign that provides motivation, information, and resources to help families make healthy decisions.
This campaign aims to provide the community with information to help them live a healthy life by realizing the changes necessary in their diet and physical activity. This help prevent obesity and other health complications.
TSSC FOCUS

Physical Activity

Fruits & Vegetables

Portion Control
PHYSICAL ACTIVITY
Physical activity is any type of activity that enhances or maintains physical fitness or health.
HOW MUCH PHYSICAL ACTIVITY DO WE NEED?

Adults
- 5 days a week
- 30 minutes
- Minimum of 10-minute periods

Children
- 5 days a week
- 60 minutes
BENEFITS OF PHYSICAL ACTIVITY

- Helps control weight
- Reduces stress
- Helps get better sleep
- Improves circulation
- Improves the digestive system
BENEFITS OF PHYSICAL ACTIVITY

Reduces risk of
- Heart disease
- Hypertension
- Diabetes
- Obesity
- High cholesterol
- Triglycerides
- Some types of cancer
BENEFITS OF PHYSICAL ACTIVITY

Exercise has so many benefits that any amount is better than none at all!
FRUITS & VEGETABLES
Including 5 servings of fruits and vegetables into your daily routine is not difficult.
TIPS

- Find seasonal fruit
- Cut and save them in sandwich bags
- Buy frozen, pre-washed, or pre-cut fruits and vegetables
- Explore new vegetables
- Be creative. Add different dressings, preferably light.
PORTION CONTROL
Eating in portions is the adequate relationship between nutrition and good health.

Vegetables
Protein
Starch
DIVIDE YOUR PLATE

½ Vegetables
¼ Proteins
¼ Starch

Fruits and Vegetables
Proteins
Starch
MEAL PLANNING
UNHEALTHY DIET

Hamburger with Cheese: 510 Calories
Medium French Fries: 380 Calories
Medium Regular Coke: 210 Calories

Total: 1100 Calories
HEALTHY DIET

Scrambled Egg, Salsa, Tortilla: 250 Calories
Chicken breast with Vegetables: 370 Calories
Fruit Cup: 310 Calories
Salad with Light Dressing: 150 Calories

Total: 1080 Calories
THREE KEYS

Exercise 30 minutes a day, 5 days a week

Eat 5 servings of fruits & vegetables every day

Practice portion control
## HEALTHY LIFE

<table>
<thead>
<tr>
<th>Exercise 30 minutes a day, 5 days a week</th>
<th>Eat 5 servings of fruits &amp; vegetables every day</th>
<th>Practice portion control</th>
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</thead>
<tbody>
<tr>
<td><strong>Advantages</strong></td>
<td><strong>Disadvantages</strong></td>
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On a scale of 1-10, how important is it for your health?
STEPS TO A HEALTHY LIFE
MULTIMEDIA PARTNERS

1450 La Radio

Mega 105.9

Valley Morning Star

Brownsville The Herald

Vallevisión xhab 7
Buenos Días
Channel 7
Vallevisión
Every Thursday
at 8 A.M.
Articles written by
Lisa Mitchell-Bennett MPH, MA
UTSPH Project Manager
Every Sunday
# Free Exercise Groups All Over Cameron County

<table>
<thead>
<tr>
<th>Location</th>
<th>Exercise Group</th>
<th>Details</th>
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<tbody>
<tr>
<td><strong>Combes</strong></td>
<td><strong>Exercise Class</strong></td>
<td>Location: Community Center 21646 Hand Rd, Combes, TX  Date(s) &amp; Time(s): T, W &amp; TR 9:30-10:30 A.M., M, T, W, TR 6:00-7:00 P.M. For more information contact Ashley at (956) 425-3905.</td>
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<tr>
<td><strong>Harlingen</strong></td>
<td><strong>Exercise Class</strong></td>
<td>Location: &quot;Las Casitas&quot; 3567 W. Business 83, Harlingen, TX  Date(s) &amp; Time(s): M, T, W, TR 9:00-10:00 A.M., M &amp; W 5:30-6:30 P.M.  Contact: Adriana (956) 589-1337  Location: Bonita Park Housing Authority Harlingen, TX  Date(s) &amp; Time(s): T &amp; TR 8:00-9:00 A.M., Contact: Raquel Ramos 956-260-4190</td>
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<tr>
<td><strong>Laguna Vista</strong></td>
<td><strong>Exercise Class</strong></td>
<td>Location: Roloff Park 122 Fernandez St, Laguna Vista, TX  Date(s) &amp; Time(s): Zumba M, W, F 8:30-9:15 A.M., Contact: Fela (956) 640-6577  Date(s) &amp; Time(s): Walking Group &amp; Exercise Classes T &amp; TR 8:30-9:00 A.M., Contact: Fela (956) 640-6577</td>
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<tr>
<td><strong>Los Fresnos</strong></td>
<td><strong>Exercise Class</strong></td>
<td>Location: Los Fresnos Community of Christ 610 W. Ocean Blvd  Date(s) &amp; Time(s): M, T, W, TR 6:30-7:30 P.M.  For more information contact Estefania Calderon (956) 434-6366  Location: Memorial Park 900 N. Arroyo Blvd, Los Fresnos, TX  Date(s) &amp; Time(s): Monday, Wednesday, &amp; Friday 8:30 A.M.-9:00 A.M., Tuesday &amp; Thursday 5:30 P.M.-6:00 P.M.  For more information contact Christine (956) 407-3348</td>
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<tr>
<td><strong>Los Indios</strong></td>
<td><strong>Exercise Class</strong></td>
<td>Location: Los Indios Community Bldg, 308 Hayeswood St, Los Indios, TX  Date(s) &amp; Time(s): M &amp; W 6:00-7:00 P.M., T &amp; TR 9:00-10:00 A.M. For more information please contact Denise at (956) 266-2231</td>
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<tr>
<td><strong>Port Isabel</strong></td>
<td><strong>Walking Club</strong></td>
<td>Location: Galvan-Bejarano Hike and Bike Trail  Date(s) &amp; Time(s): M, T, W, TR, F 6:30-7:30 P.M. For information contact Cecilia at (956) 399-4255</td>
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<tr>
<td><strong>Rio Hondo</strong></td>
<td><strong>Walking Club</strong></td>
<td>Location: Rio Hondo City Park 1005 S. Reynolds Rio Hondo, TX  Date(s) &amp; Time(s): Wed. 9:00-10:00 A.M., Sat. 8:00-9:00 A.M. Exercise Class Date(s) &amp; Time(s): M, TR &amp; F at 9:00-10:00 A.M., M, T, W, TR 6:00-7:00 P.M. For more information contact Becky at (956) 564-9820</td>
</tr>
<tr>
<td><strong>San Benito</strong></td>
<td><strong>Exercise Class</strong></td>
<td>Location: Community Bldg, 210 E. Heywood  Date(s) &amp; Time(s): M &amp; W 5:30-6:30 P.M. For more information please contact Ley Gorez (956) 357-4564</td>
</tr>
<tr>
<td><strong>Brownsville</strong></td>
<td><strong>Exercise Class</strong></td>
<td>Location: San Felipe de Jesús Church 2215 Rancho Viejo Ave.  Date(s) &amp; Time(s): M, T, W, TR &amp; F 8:00-9:00 A.M., M, T, W, TR 5:30-6:30 P.M.</td>
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<tr>
<td><strong>Brownsville</strong></td>
<td><strong>Exercise Class</strong></td>
<td>Location: Buen Pastor Church 645 Túlpín St.  Date(s) &amp; Time(s): T, W, TR &amp; F 9:00-10:00 A.M.</td>
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<tr>
<td><strong>Brownsville</strong></td>
<td><strong>Exercise Class</strong></td>
<td>Location: Parks and Recreation Building Gym 1336 E. 8th Street  Date(s) &amp; Time(s): M, W, F 8:00-9:00 A.M. <strong>Low Impact Class</strong></td>
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<td><strong>Brownsville</strong></td>
<td><strong>Exercise Class</strong></td>
<td>Location: Menorita del Cordero Church 1033 N. Minnesena (in the gym)  Date(s) &amp; Time(s): M, W, F 9:00-10:00 A.M.</td>
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<td><strong>Brownsville</strong></td>
<td><strong>Exercise Class</strong></td>
<td>Location: 85D Gym (wellness center) 708 Palm Blvd.  *For parents of children in BSD  Date(s) &amp; Time(s): M, T, W, TR 8:30-9:30 A.M.</td>
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<tr>
<td><strong>Brownsville</strong></td>
<td><strong>Exercise Class</strong></td>
<td>Location: Oliveira Park 104 El Paso Rd.  Date(s) &amp; Time(s): M, T, W, TR 12:00-1:00 P.M.</td>
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<tr>
<td><strong>Brownsville</strong></td>
<td><strong>Exercise Class</strong></td>
<td>Location: Our Lady of Good Counsel Church 1055 Military Highway Date(s) &amp; Time(s): Tuesday &amp; Thursday 11:00 A.M.-12:00 P.M.</td>
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Buy Fruits & Vegetables

- **Brownsville Farmers Market**
  Linear Park, E. Harrison, 6th & 7th Street
  *Every Saturday 9am – 12 pm*

- **Harlingen Farmers Market**
  "A" St. between Jackson and Monroe, Downtown
  *Every Saturday 3 – 4 pm*

- **South Padre Island Farmers Market**
  North end of SPI at the Namar Event Center
  *Every Sunday 11am – 1 pm*

- **Maxan Street Farmers’ Market**
  The Garden on Maxan Street in Port Isabel’s Lighthouse Square
  *Every Wednesday 4 – 6 pm*
Monthly Newsletters delivered by a Community Health Worker
WATCH, LISTEN, AND READ

- **Facebook**: Tu Salud Sí Cuenta
- **Website**: http://www.tssc.info/
- **E-mail**: info@tssc.info
CONTACT

- Dr. Belinda M. Reininger (SPH (956)-755-0654)
- Lisa Mitchell-Bennett (SPH (956)-755-0655)
- Adriana Dominguez (Harlingen)
- Ashley Weaver (Combes)
- Christine de la Rosa (Los Fresnos)
- Denise Guzman (Los Indios)
- Alba Flores (SPH)
- Rebecca Wilt– Laguna Vista
- Letty Gomez (San Benito)
- Nina Martinez (SPH)
- Miranda Sandoval (Rio Hondo)
THANK YOU!

Tu Salud ¡Sí Cuenta!