



THE CAMPAIGN

Tu Salud ¡Sí Cuenta! is a campaign that provides motivation, information, and resources to help families make healthy decisions.

OUR GOAL

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

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



MAKE FRUITS AND VEGGIES PART OF EVERY MEAL

Including
5 servings of fruits
and vegetables
into your daily
routine is not
difficult.



TIPS



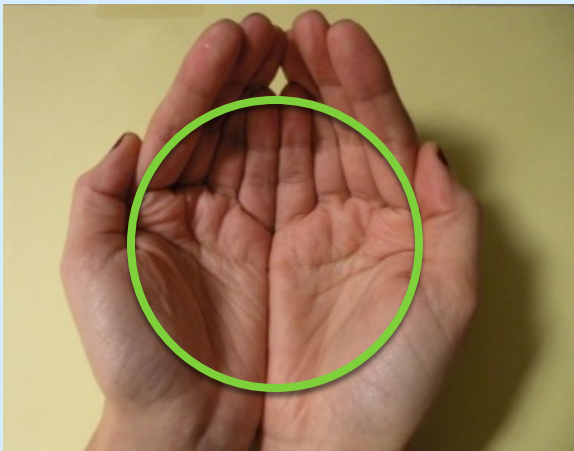
- Find seasonal fruit
- Cut and save them in sandwich bags
- Buy frozen, pre-washed, or pre-cut fruits and vegetables
- Explore new vegetables
- Be creative. Add different dressings, preferably light.

PORTION CONTROL



SMALLER PORTIONS OR “HEALTHY PORTIONS”

Eating in portions is the adequate relationship between nutrition and good health.



Vegetables

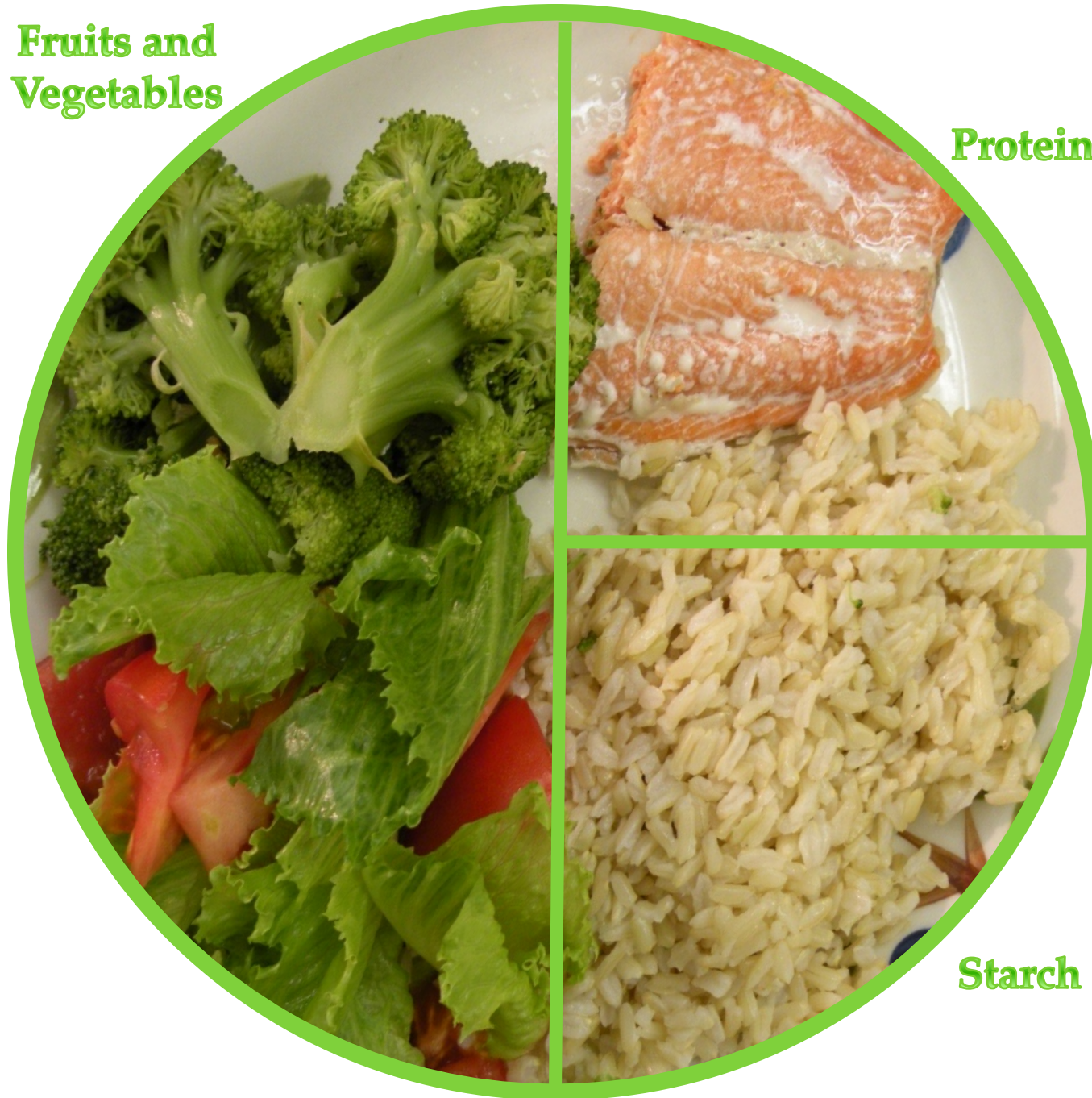


Protein



Starch

**Fruits and
Vegetables**



Proteins

DIVIDE YOUR PLATE

$\frac{1}{2}$ Vegetables

$\frac{1}{4}$ Proteins

$\frac{1}{4}$ Starch

Starch

MEAL PLANNING



UNHEALTHY DIET



Hamburger with Cheese

510 Calories



Medium French Fries

380 Calories



Medium Regular Coke

210 Calories

= 1100 Calories

HEALTHY DIET



Scrambled Egg, Salsa,
Tortilla



Chicken breast with
Vegetables



Fruit Cup



Salad with Light
Dressing

250 Calories



370 Calories



310 Calories



150 Calories

= 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

Exercise 30 minutes a
day, 5 days a week

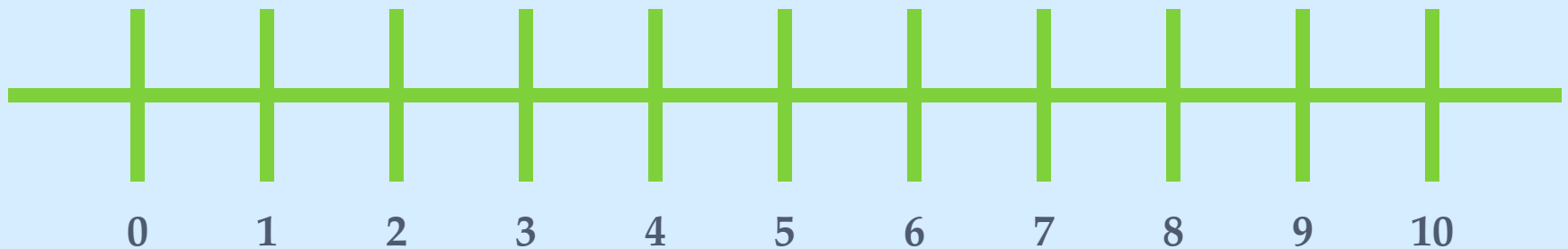
Eat 5 servings of fruits &
vegetables every day

Practice portion
control

| Advantages | Disadvantages |
|------------|---------------|
| | |
| | |
| | |
| | |
| | |
| | |

CONFIDENCE AND/OR IMPORTANCE RULER

- On a scale of 1-10, how important is it for your health?



Less
Important

Very
Important

STEPS TO A HEALTHY LIFE



MULTIMEDIA PARTNERS



WATCH

Buenos Días

Channel 7

Vallevisión

Every Thursday

at 8 A.M.



READ

Articles written by
Lisa Mitchell-Bennett MPH, MA
UTSPH Project Manager
Every Sunday



FREE EXERCISE GROUPS ALL OVER CAMERON COUNTY

| Combes | Harlingen | Laguna Vista | Los Fresnos | Los Indios | Port Isabel | Rio Hondo | San Benito |
|--|---|--|--|---|--|--|--|
| Exercise Class | Exercise Class | Exercise Class | Exercise Class | Exercise Class | Walking Club | Walking Club | Exercise Class |
| <u>Location:</u> Community Center 21646 Hand Rd. Combes, TX <u>Date(s) & Time:</u> T, W & TR 9:30-10:30 A.M. M, T, W, TR 6:00-7:00 P.M. <i>For more information contact Ashley at (956) 425-3905</i> | <u>Location:</u> "Las Casitas" 3567 W. Business 83, Harlingen, TX, <u>Date(s) & Time(s):</u> M, T, W, TR 9:00-10:00 A.M. M & W 5:30-6:30 P.M. Contact: Adriana (956)589-1337 <u>Location:</u> Bonita Park Housing Authority Harlingen, TX, <u>Date(s) & Time(s):</u> T & TR 8:00-9:00 A.M. Contact: Raquel Ramos 956-280-4190 | <u>Location:</u> Roloff Park 122 Fernandez St. Laguna Vista, TX <u>Date(s) & Time(s):</u> Zumba: M, W, F 8:30-9:15 A.M. Contact: Fela (956) 640-6577 <u>Date(s) & Time(s):</u> Walking Group & Exercise Classes: T & TR 8:30-9:00 A.M. Contact: Fela (956) 640-6577 | <u>Location:</u> Los Fresnos Community of Christ 810 W. Ocean Blvd <u>Date(s) & Time(s):</u> M, T, W, TR 6:30- 7:30 P.M. For more information contact Estefania Calderon 956-434-6366 <u>Location:</u> Memorial Park 900 N. Arroyo Blvd, Los Fresnos, TX <u>Date(s) & Time(s):</u> Monday, Wednesday, & Friday 8:30A.M.-9:00 A.M. Tuesday & Thursday 5:30P.M.-6:00 P.M. For more information contact Christine (956)407-3348 | <u>Location:</u> Los Indios Community Bldg. 309 Heywood St Los Indios, TX 78567 <u>Date(s) & Time:</u> M & W 6:00-7:00PM T & TR 9:00-10:00 AM <i>For more information please contact Denise at (956) 399-4255</i> | <u>Location:</u> Galvan-Bejarano Hike and Bike Trail <u>Date(s) & Time:</u> M, T, W, TR, F 6:30-7:30 P.M. <i>For information contact Cecilia at (956) 266-2231</i> | <u>Location:</u> Rio Hondo City Park 1005 S. Reynolds Rio Hondo, TX <u>Date(s) & Time:</u> Wed. 9:00-10:00 A.M. Sat. 8:00-9:00 A.M. Exercise Class <u>Location:</u> Civic Center 121 Arroyo Blvd <u>Date(s) & Time(s):</u> M, TR & F at 9:00-10:00 A.M. M. T. W. TR 6:00-7:00 P.M. <i>For more information contact Becky at (956) 564-9820</i> | <u>Location:</u> Community Bldg. 210 E. Heywood <u>Date(s) & Time:</u> M & W 5:30-6:30 P.M. <i>For more information please contact Lety Gomez (956)357-4564</i> <u>Location:</u> Salon Parroquial Iglesia San Ignacio de Loyola 24380 West US Highway 281 <u>Date(s) & Time</u> M, W & F at 9:00- 10:00 AM <i>For more information contact Kenia Aguilera 956-312-2577 or Mirra Carrizales 956-577-2859</i> |
| Brownsville | | | | | | | |
| <u>Location:</u> San Felipe de Jesús Church 2215 Rancho Viejo Ave. <u>Date(s) & Time(s):</u> M, T, W, TR & F 8:00-9:00 A.M. M, T, W, TR 5:30-6:30 P.M. | <u>Location:</u> Buen Pastor Church 645 Tulipán St. <u>Date(s) & Time(s):</u> T, W, TR & F 9:00-10:00 A.M. | <u>Location:</u> Parks and Recreation Building Gym 1338 E. 8th Street <u>Date(s) & Time(s):</u> M, W, & F 8:00-9:00 A.M. | <u>Location:</u> Menonita del Cordero Church 1033 N. Minnesota (in the gym) <u>Date(s) & Time(s):</u> M, W & F 9:00-10:00 A.M. **Low impact class** | <u>Location:</u> BISD Gym (wellness center) 708 Palm Blvd. *For parents of children in BISD <u>Date(s) & Time(s):</u> M, T, W & TR 12:00-1:00 P.M. | <u>Location:</u> Oliveira Park 104 El Paso Rd. <u>Date(s) & Time(s):</u> M, T, W, & TR 8:30-9:30 A.M. | <u>Location:</u> Our Lady of Good Counsel Church 1055 Military Highway <u>Date(s) & Times (s):</u> Tuesday & Thursday 11:00 A.M.-12:00 P.M. | |

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

INFORM

Monthly Newsletters delivered by a Community Health Worker

Volume 115 Healthy Holiday Season December 2015

Your Health Matters!



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| CONTENT |  |  |  |  |
| | Healthy Holidays | Role Model | Holiday Snacks | Free Exercise Classes |

Have a Happy & Healthy Holiday Season!

The holiday season is a time for family gatherings, office parties and visiting with friends, which can lead to over-indulging in food and drinks. Instead, give the gift of health to your loved ones. Here are some simple tips to enjoy the festivities in a healthy way:



Healthy Holidays!

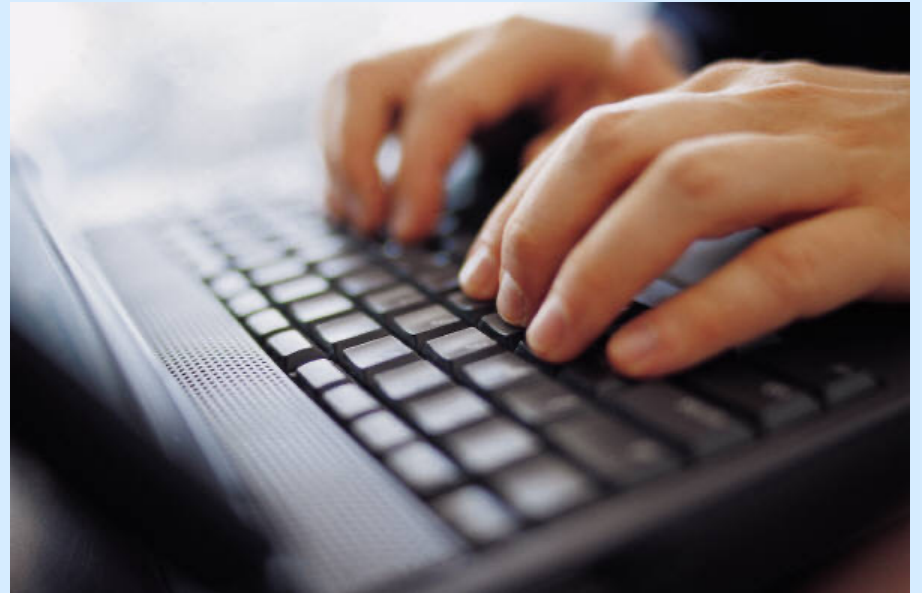
Use the Buddy System!
At a holiday party, cut your calories in half by sharing treats & sweets with a friend.

Source: www.cdc.gov/family/holiday

- ✓ Find fun ways to stay active, such as dancing to your favorite holiday music or walking around the mall a few times before shopping.
- ✓ Bring a healthy dish to your office party and ask your co-workers to do the same.
- ✓ Remember to practice portion control when facing a spread of delicious holiday food and include vegetables or salad in your plate.
- ✓ Avoid or limit alcoholic beverages. If you do have an alcoholic drink, have it with food.
- ✓ Drink a glass of water or sparkling water between each sugary holiday beverage.

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)

COLLABORATORS



THANK YOU!

