

# Weekly Wellness Newsletter

**McALLEN<sup>+</sup> ISD**

21 Foods that [Boost your Energy](#)

7 of the [WORST](#) foods for your Brain

[Best and Worst](#) food for Brain Health



Adult Parks and Recreation Sport Leagues.

[McAllen](#)  
[Edinburg](#)

[Strength Training and Stretching](#) as you get older

[How to get Strong and Stay Strong After 60](#)

**REMEMBER THAT  
ANY EXERCISE  
IS BETTER THAN  
NO EXERCISE.**

Health

Live outside of McAllen?  
Here are some local parks.

[Edinburg](#)  
[Pharr](#)  
[Mission](#)

Here is some [Morning, Lunchtime](#) Pop Culture Podcasts and [Drive home Music](#) to help relax you focus on a little bit of "Me Time". P.S it's ok to sing while you drive.

"Our life is shaped by our mind, for we become what we think."

Buddha

Looking for a place to [cool off](#) and have some family fun time?

S.Granado