

Bathroom Banter!

Your private connection to wellness!



Local Opportunities to Move

Event: Engineer's Week 5K

When: February 20, 8 a.m.

Where: McAllister Park, Pavilion 2

Register: www.bexartspe.org

Event: NCAA Women's Final Four

4Kay™ Run (2.48 miles)

When: Saturday, April 3, 8 a.m.

Where: Hemisfair Park

Register: Search "2010 NCAA

4Kay™ Run"



If your actions inspire others to dream more, learn more, do more and become more, you are a leader.

– John Quincy Adams

Dealing With Diabetes City Employee Support Group

Join your fellow employees to learn more about how to prevent or manage diabetes for yourself or your loved ones.

Next Mtg: **February 16**
3rd Tuesday of each month
5:30 – 6:30 p.m.

City Employee Health & Wellness Center
1303 McCullough, Ste. 170
FREE to all City Employees

February is American Heart Month

Practice these lifestyle tips to help your heart stay strong and healthy for the long run.

- Visit your doctor – Make an appointment today to get your annual physical with your own doctor or at the City's Health + Wellness Center. (Eligible for Wellness Rewards!)
- Fuel up with good food – Fill your plate with fruits, vegetables and whole-grain foods.
- Learn to manage stress and anger.
- Kick the smoking habit. (Eligible for Wellness Rewards!)
- Keep your body moving – Exercise moderately for at least 30 minutes, five days a week.

Tips for starting and sticking with exercise!

- **Start slowly.** Do less than what you think you can. Take a 20 minute walk if you haven't exercised in a while. You might feel like it's not enough, but it's a good start.
- **Just show up.** Go to the gym, class, or the park. Once you're there, it's hard to say no. **98% of life is showing up.
- **Eat.** Follow a healthy eating pattern. If you limit your calories, you will not have enough energy to work out and your metabolism will slow down.



Wear Red Day:

Help to raise awareness of women's heart disease by wearing **red** on Friday, February 5.

We look forward to seeing you Saturday, January 30 for the City Manager's 5k Run/Walk!

- Run/Walk start, 8 a.m.
- Onsite registration available
- Park in the Zoo parking lot



Banana Breakfast Fruit Smoothie

- Ingredients:
- 1 banana peeled, cut into chunks
 - 1 teaspoon pure vanilla extract
 - 1 ½ cups of orange juice
 - 1 cup of ice
 - 2 scoops low-fat vanilla ice cream



Directions:
Combine all ingredients in a blender. Blend until smooth. Enjoy!