

Bathroom Banter!

Your private connection to wellness!



Tuna Pasta Salad

- 4 ounces of pasta, cooked and drained
- 4 ounces of tuna
- 1/3 cup of celery
- 1/3 cup of peas
- 1/4 cup of light mayonnaise



Mix ingredients and chill for 2 hours. 2 servings.

Ready to Quit Smoking?

The Quit For Life Program, the City's tobacco Quitline, now offers Online Enrollment! Available to all full-time City employees and their spouses.

You can receive FREE quitting aids such as gum, lozenges or patches!



Visit www.quitnow.net or call **866-605-7848** to enroll.

Eligible for Wellness Rewards!

Final Four 4Kay (2.48 miles)

April 3, 8:00 a.m.
Hemisfair Park
www.wbhof.com



*If I'd known I was going to live so long,
I'd have taken better care of myself.
-Leon Eldred*

Fresh Air Friday

April 9, 11:30 a.m. – 1:30 p.m.
Main Plaza Downtown

Informative Exhibits, Fun Music,
Prizes, and Giveaways



Bring a healthy lunch!

Do You Snore While Sleeping?

Snoring is one of the most common symptoms of sleep apnea. Sleep apnea is a common disorder in which you have one or more pauses in breathing or shallow breaths while you sleep.

Sleep apnea can increase your risks of:

- *Heart attack
- *Stroke
- *Obesity
- *Diabetes
- *High blood pressure

If you snore and also have high blood pressure or are overweight, talk to your doctor about sleep apnea.

If you have sleep apnea, talk to your doctor about the treatment options that are most appropriate for you.

How physically active are you?

You should be getting at least 2.5 hours of physical activity per week. That is only 20 minutes a day. It's not just about running and lifting weights. Mix it up!

- Yard work
- Salsa Dancing
- Kickboxing
- Swimming

These are all great forms of physical activity. Get out there!



8 week Physical Activity Journal is eligible for Wellness Rewards

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