

# Bathroom Banter!

Your private connection to wellness!



*"Health is the condition of wisdom, and sign of cheerfulness – an open noble temper."*  
Ralph Waldo Emerson

## Wellness Rewards Deadline

Don't miss out on the next deadline to submit your Rewards Request Form and documentation. There's still time earn \$ on a few activities that don't take much time.



- Schedule an annual physical.
- Schedule a preventive screening.
- Take the online health assessment.

Next Deadline – June 15<sup>th</sup>  
Contributions made to your FSA – July 1<sup>st</sup>

Find Wellness Rewards forms and information on the Wellness page of the HR website.

## Tips for a Stress Free Summer

- Create a budget for the summer.
- Check local listings for free events.
  - Don't forget [www.sanantonio.gov](http://www.sanantonio.gov)
- Find time for relaxation.
- Register now for camps and events that may fill up fast.
- Don't overschedule yourself or your kids; make time to just hang out.
- Load up on healthy snack foods.

## Sportsfest is Here!

### June Sports



Golf – June 5<sup>th</sup>



Horseshoes – June 11<sup>th</sup>



Bowling – June 26<sup>th</sup>

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## Summer Grilling Tips



With holidays like Memorial Day and Father's Day, summer is the time for outdoor cooking!

Try these healthier options this summer:

- Make veggie ka-bobs (translation:  grilled vegetables on a stick).
- Choose healthy meats such as poultry, fish, and lean cuts of beef. 
- Trim the visible fat off meat and the skin off poultry.
- Marinate the meat for a better flavor and healthier meal.

## PLUOTS

What is a pluot? Besides being June's fruit of the month, it is a cross between a plum and an apricot (but more like a plum!)

Try one this month! Look for pluots that are plump and firm, and avoid ones that are green, blemished, or have broken skin. *70 calories, 0 fat calories and 0 grams of sodium!*



**OKRA** – weird name, weird shape, awesome health stats!

Try this vegetable of the month in a new way (i.e. NOT fried)!

Go for steamed, boiled, pickled, sautéed, or stir-fried whole!

Use it by itself as a side or mixed in a casserole.

A ½ cup of okra contains only 20 calories, 0 fat calories, and 0 grams of sodium, so you can't go wrong!