

# Bathroom Banter!

Your private connection to wellness!



## July is UV Safety Month - Protect Yourself!

Use sunscreen during outdoor activities. It works best when applied 30 minutes before sun exposure. Don't be fooled by an overcast day. UV light can still harm unprotected skin.



The SPF number tells how much longer you can stay in the sun without burning. Always use a high numbered SPF cream.

*"When it comes to eating right and exercising, there is no 'I'll start tomorrow.' Tomorrow is disease."*  
– V.L. Allineare

## Dealing w/ Diabetes Networking Group

\*July 20 topic – Low Fat Cooking\*  
Join fellow employees at this free networking group!  
Third Tuesday of every month  
6:00 – 7:00 p.m.  
115 Plaza de Armas, Ste. 150.

## Burn Calories at Work!

*Finding time to exercise is hard for anyone who has a busy schedule. Work out while you're at work!*

- *Make the most of your commute. Walk or bike to meetings or lunch.*
- *Look for opportunities to stand. It burns more calories to stand.*
- *Take fitness breaks. Take a brisk walk or do some gentle stretching.*
- *Keep fitness equipment in your work area such as resistance bands or small hand weights.*

Five snack foods that seem like junk but are actually good for you!

### \*Jerky\*

7 grams of protein per serving! Be sure it has 480 mg of sodium or less.

### \*Popcorn\*

Four cups only have 125 calories! Choose the fat-free versions.

### \*Pudding\*

It's a good source of calcium. Make your own or buy low-fat snack cups.

### \*Dark Chocolate\*

High in antioxidants, dark chocolate is good for you – in moderation!

### \*Chips & Salsa\*

High in vitamins & antioxidants, salsa contains just 70 calories per cup. Enjoy with baked tortilla chips.

## Coping With Financial Stress?

Chat with trained counselors about this and other topics that are meaningful to you during monthly online chat sessions!

July 21, 12:15-12:45 pm or 6:00-6:30 pm  
[www.deeroaks.com](http://www.deeroaks.com)  
Username and password: cosa



Provided by the City's Employee Assistance Program, Deer Oaks EAP Services. If you are struggling with children, finances, or just want some practical advice on health or the mind-body connection, contact them 24 hours a day.

210.615.8880 [eap@deeroaks.com](mailto:eap@deeroaks.com)

## Quick Health Facts...

- Laughing 100 times roughly equals 15 minutes on an exercise bike.
- A heart attack strikes in the United States every 25 seconds.
- Chocolate milk is better at helping you recover from strenuous exercise than a sports drink.