

Bathroom Banter!

Your private connection to wellness!



October is National Breast Cancer Awareness Month

Did you know that breast cancer is the most common type of cancer in women?

Mammograms can detect breast cancer as small as a flower seed, and identify it in the earliest stage, which can help treatment be more successful.

Mammograms are covered at 100% on the City's civilian health plan.

Visit www.uhc.com/source4women for breast cancer tips, facts, and resources!

City Employee Health Expo!

International Center
La Orilla Del Rio ballroom, 3rd floor
203 S. St. Mary's
Thursday, October 21, 2010
10:00 a.m. – 2:00 p.m.

Don't miss out on FREE health screenings, flu shots, and open enrollment information.

*Bring your insurance card and City ID for flu shots.

*Employees are granted two (2) hours annually to attend a City Health Expo with supervisor approval.

Have you eaten a fruit or vegetable today? How about breakfast?

The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not. - Mark Twain

2011 Employee Benefits

Open Enrollment is

October 18th - November 17th !

Attend one of the seven (7) Open Enrollment fairs to visit with Benefits Staff and vendors.

You can also check your blood pressure and glucose levels, and even get a flu shot. (Bring your insurance card and City ID)

For Open Enrollment fair dates and locations, visit the HR website or contact at 207-8705.

7 Strategies for Healthy Eating Out

Sometimes you just have to eat out so remember these tips:

- Don't supersize. This adds calories.
- Replace fried, buttery, and creamed with baked, grilled, or broiled.
- If you order a high-calorie meal, share it.
- Pick low-calorie and low-fat dressings.
- Check for health-conscious selections.
- Order water instead of a sugary drink.
- Ask for dressing and gravy on the side.

Fun Health Facts

- 25% of your bones are in your feet.
- You burn 7% more calories walking on hard dirt than pavement.
- A sneeze can travel up to 100 mph!
- During a typical life span, a human heart will beat ~2.5 billion times.
- Gardening is said to be one of the best exercises for maintaining healthy bones.
- About 1/2 of all Americans are on a diet on any given day.
- It takes 17 muscles to smile, and 43 muscles to frown.

SAVE THE DATE!

2010 City Manager's 5k Run/Walk

Saturday, December 11th
Brackenridge Park
8:30 a.m.

Free for City employees!
Run, Walk, or Volunteer.

More details to come.



Sweet Potatoes



- It's an excellent source of Vitamins A & C!
- Choose firm, dark, smooth sweet potatoes without wrinkles, bruises, sprouts, or decay.
- Store in a dry, cool (55-60 degrees) place (not the fridge).
- Cook them whole – most of the nutrients are next to the skin.