



Your private connection to wellness!

Bathroom Banter!

Local Opportunities to Get Moving

Event: Fleet Feet Sunrise 10k & 5k
When: Saturday, August 18, 7:30 a.m.
Where: Alamo Heights Swimming Pool
Register: www.iaapweb.com

Event: Labor Day Whine Run 5 Miler
When: Monday, September 3, 8:00 a.m.
Where: Dry Comal Creek Winery
Register: www.saroadrunners.com

Being inactive or overweight could increase your chance of developing a chronic disease.

Healthy Pregnancy Program

UHC offers many beneficial resources before, during, & after pregnancy at no cost to you! Enroll at any time through your 33rd week of pregnancy at 800-411-7984.

- 24-hour toll-free access to experienced pregnancy and childbirth nurses .
- Access to health care professionals to identify any risks and special needs.
- Pregnancy and childbirth education materials and resources .
- One-on-one support throughout your pregnancy .



*Register your newborn on your health plan within 31 days of birth.

Healthy Tips for Back to School!

Healthy Food:

Pack healthy lunches for your child AND you!

Healthy Activity:

Find ways to keep moving – play, walk, jump, swim...

Healthy Minds:

Call the City's EAP for help managing stress; 615-8880



Healthy Interest:

Be interested and enthusiastic about the start of the school year. If you are confident and excited, your child will be, too.

Beat the Heat This Summer

We've experienced some hot and humid days lately. Follow these tips to stay cooler during the summer months.

- Wear lightweight and light-colored clothes to reflect away the sun's heat.
- Drink plenty of water during the day and avoid caffeine, which dehydrates the body.
- Avoid high protein meals; they can increase your body heat .



Traveling this summer?

Make fitness a travel companion!

Be activity-ready:

- ❖ Pack a swimsuit, walking gear and resistance bands.
- ❖ Use hotel fitness facilities.
- ❖ Walk daily to explore new sights and burn extra calories.

Choose Life. Quit Tobacco

Attend Tobacco Cessation Classes on Your Lunch!

To support you with reaching this very important goal, the City's Employee Assistance Program, Deer Oaks, will be offering FREE group tobacco cessation classes facilitated by Dr. Patricia Mendoza, at their downtown office during the lunch hour.

4-week Program

9/12/12: Tobacco Cessation: An Introduction

9/19/12: Managing the First Few Days

9/26/12: Mastering Obstacles

10/3/12: Staying Quit Forever and Enjoying it

Lunch will be provided. Parking is available!

Classes are held on Wednesdays from noon to 1:00 p.m. at 102 Wickes St., 78210. For more information or to reserve your seat, contact the Employee Wellness Program at 207-WELL or wellness@sanantonio.gov.

Those who think they have no time for bodily exercise will sooner or later have to find time for illness.

-Edward Stanley