

Ready to Run 26.2 Miles?

2014 Rock 'n' Roll Marathon & 1/2 Marathon
December 7th



Save Money:

Receive a \$10 discount by using the City's discount code: **CITYSA14**.

Earn HealthMiles:

When you register for the event, make sure you enter your employee I.D. (SAP) number under the "Referred By" section – this is the only way you will earn HealthMiles.



GO FOR GOLD!

The CoSA Employee Wellness program earned **Gold-level** Recognition through the Healthy Workplace Recognition Program 2014.

JULY-AUGUST 2014

Contact us:
CoSA Employee Wellness
Wellness@sanantonio.gov
(210) 207-WELL (9355)



Your Year-Round Connection to Wellness Info

Bathroom Banter

See Who Wins GRAND PRIZE

Be sure to attend the Healthier Me Challenge Finale on Friday, August 15th (on the lunch hour) in the Lila Cockrell Theatre in the Henry B. Gonzalez Convention Center. Route for the contestants in your department, witness their health improvements, and celebrate as contestants receive up to \$10,000! Visit the Healthier Me Challenge page on the CoSAweb for up-to-date finale event info.

FREE Exercise Classes

Offered through the Parks & Recreation Department



Get ready. Get Set. Go! To your local parks for **free** Fitness in the Park classes. This award-winning program offers you a myriad of opportunities to improve your physical fitness, from Zumba to walking and running groups to high intensity workouts and boot camps all taught by professional instructors. The classes are offered through Parks and Recreation in conjunction with the Mayor's Fitness Council.



For the full schedule of classes, Visit http://www.sanantonio.gov/parksandrec/fitness_in_the_parks.aspx

Meet the Contestants

The Healthier Me Challenge contestants were recently asked why they wanted to participate in the Challenge and how participating is helping to improve their health. **Read what they had to say, see their photographs, and watch their videos on the CoSAweb.**

Your Turn to Learn

Access the same materials that the Healthier Me Challenge contestants are using on their wellness journey on the CoSAweb. You can view all of the presentations, activities, recipes, weekly tips, and fitness plans.



Check-it-Out Healthier Me Challenge Update

