

BATHROOM BANTER

Healthy Holiday Baking Substitutions

Triple Turkey Trot Challenge

Virgin Pulse will be giving out some Bonus HealthMiles Thanksgiving weekend! So don't forget to take your sneakers to your Thanksgiving Feast! More details coming soon...



(210) 207-WELL wellness@sanantonio.gov

SAVE THE DATE!

- 8th Annual City Manager's Step Up to Wellness 5K Run/Walk
- February 28, 2015 @ Sea World



The 2014 Rock 'n' Roll Marathon is December 7th, and you can earn up to 2,500 Virgin Pulse Healthmiles for participating!



FREE HEALTH COACH *

- Help with weight loss, fitness & dietary plans, stress management, & more
- Individual & group sessions at your workplace
- View profiles on Wellness site on the CoSAWeb for contact information

Get a head start on your New Years Resolution!



*Contact wellness@sanantonio.gov to sign up or email coaches directly. Provided through United HealthCare, free to full-time COSA employees

TRAINING:

Are looking for a way to get ahead? How about a way to **EXCEL** or gain **ACCESS** to more opportunities? Then get **MOTIVATED** to take courses offered to CoSA employees. Even existing courses will have a new and **REFRESHING** feel. Here's just a few:

Technical Highlights:

MS Project, Levels I & II
Adobe Fundamentals

Access I, II, III
Adobe Photoshop
Prezi
Excel Levels I, II, III

Professional Highlights

Business Writing (Grammar Focus)
Time Management
Positive Power & Influence

Valuing Diversity
Building Better Teams (Tuckman)
Taking Charge of Your Development
Introduction to Project Mgt

Intermediate Project Mgt.
Cash Handling

Supervisory/Managerial Highlights

Supervisor Excellence Training

Team Stages & Dynamics

Workplace Violence/Safety & Worker's Comp

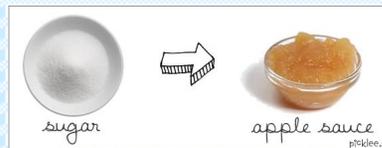
Languages & Trade

GED Preparation
CDL
Business Writing (Grammar Focus)

Customer Service Highlights

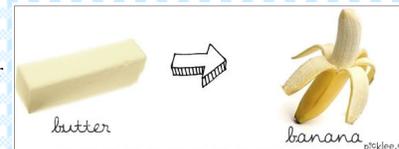
Owning the Customer
Experience Cash Handling

For more courses and descriptions, visit the [CoSA Training website](#) to view the training calendar today.



Sugar Substitute: For cakes and bakes, cut the sugar in half, then add the same amount of apple sauce plus about 1/3 more. Reduce the recipe's main liquid by about 1/4 for every cup of apple sauce added.
Works best with: cakes, bakes and fruit dishes

Butter Substitute: Substitute an equal amount of mashed banana for the butter in the recipe. If a recipe calls for 1/2 cup softened butter, for example, pack a 1/2 cup with mashed banana. **Works best with:** Cakes, muffins, cookies, breads. Using banana for butter may reduce cooking time by up to 25%, so keep an eye on your sweets!



Oil Substitute: Using Greek yogurt in a recipe in place of oil is one of the best ways to cut the fat right out! The Greek yogurt replacement is barely detectable & makes recipes super moist. To make the substitution, cut the recipe's amount of oil by half. Add 3/4 cup of yogurt for every cup of oil that you remove from the recipe.



Works best with: Cakes, breads, cookies

TIPS TO AVOID OVEREATING THIS HOLIDAY SEASON

- **Step Away from the temptation!** Out of sight and out of mind.
- **Pare down those portions & pace yourself**— Choose the smallest plate possible. Start with small portions. Commit at least 20-30 minutes to each meal so your stomach has time to feel full.
- **Fill up on vegetable based sides**—The average serving of non-starchy vegetables contains about 25 calories. If you make half of your plate vegetables, you are probably going to end up consuming less calories overall.
- **Leave or Freeze the leftovers**—Decrease the temptation to snack by sending leftovers home with guests, or freeze the rest and enjoy later.
- **Work it off**—Plan fun activities into your holiday schedule. Go for a family walk before or after dinners. Enjoy seasonal festivities: visit a pumpkin patch or organize a scavenger hunt!