

### 8th Annual City Manager's Step Up to Wellness 5K Run/Walk

As the City of San Antonio continues to focus on increasing an interest in wellness, not only among City of San Antonio employees, but among our entire community, the City Manager is pleased to announce that the 8th Annual City Manager's Step Up to Wellness 5K Run/Walk will again take place at **SeaWorld** on **February 28, 2015**. This event is open to the entire community.

**Cost:**

- Employees: **FREE**
- Family/Friends/Community Partners: **\$7**
- Public: **\$15** (through February 16)
- \$25** (February 17-27)
- \$35** (day of event)



**Cool Extra:** You can purchase a SeaWorld San Antonio admission ticket with a picnic voucher for the reduced rate of **\$31.93** (normally \$60). The discounted admission ticket and picnic voucher can only be used on February 28th.

**Register Online at**

<https://runsignup.com/Race/TX/SanAntonio/8thAnnualCityManagers>\*

\*Register by Feb. 16 to be guaranteed a t-shirt.

**Packet Pickup:**

February 26th and 27th  
Location and times to be announced



The YMCA of Greater San Antonio, The City of San Antonio Metropolitan Health District, and the City of San Antonio Employee Wellness Program have teamed up to fight diabetes from two fronts: diabetes prevention and diabetes management. Stay tuned for FREE sessions at a worksite near you in early 2015!

- YMCA's Diabetes Prevention Program at CoSA Locations
- YMCA's Diabetes Self-Management Program by Metro Health
- Y Living Program at YMCA Locations



Visit the Employee Wellness site for a full list of the most recent discount rates offered by San Antonio health clubs/fitness centers to City of San Antonio employees.

- **Anytime Fitness:** \$37 per month/18 month term; Enrollment Fee: \$24.50
- **Gold's Gym:** Dues starting at \$13.95 bi-weekly, (\$9.95 enrollment). **New location opening in the Quarry soon!**
- **YMCA :** Dues starting at \$300 annually for employees (traditionally \$600) & \$420 annually for employee family access (traditionally \$1,920). \$0 Enrollment.
- **Planet Fitness:** \$10 annual fee, \$10 monthly, \$10 enrollment

For more and the most updated information, please contact Employee Wellness at 210.207.WELL (9355) or [wellness@sanantonio.gov](mailto:wellness@sanantonio.gov)

### Making S.M.A.R.T New Year's Resolutions

- ✓ **SPECIFIC:** Make goals clear, focused, concise, & well-defined.
- ✓ **MEASURABLE:** Have a way to measure success. Set time frames, dates, etc.
- ✓ **ACTION ORIENTED & ACHIEVABLE:** Check your goal to see if you are including a list of actions you plan to take to accomplish your goal.
- ✓ **REALISTIC:** Make goals manageable, attainable, believable & personalized.



✓ **TIME DRIVEN:** Goals need a starting point, a time-line and an ending point. Goals can also be broken down into smaller objectives.

### Examples of S.M.A.R.T. Goals

- I will walk briskly for at least 15 minutes every day this week.*
- I will include 2½ cups of a variety of fresh, canned, or frozen vegetables in my diet three times a week for the next two weeks.*
- I will cut down on calories by switching to flavored water instead of soda, starting with this week's grocery shopping.*
- I will stop talking on the cell phone while driving, starting when I leave this building today.*



### Receive 50% reimbursement of program costs

#### Join an existing WW@W group! Attend an Open House:

- January 13th, 11:30am-12:30pm @ One Stop
- January 29th, 4 – 5pm @ Pre-K 4 SA (South Education Center)
- January 22nd & February 12th, 12:45-1:30pm @ Riverview Towers

#### OR Start your own WW@W group in your department.

To start your own group or join one of the existing groups, contact [wellness@sanantonio.gov](mailto:wellness@sanantonio.gov) or 207-WELL.



### Do you Want to be Tobacco Free in the New Year?

Employees and their spouses/domestic partners can attend FREE tobacco cessation classes through the City's Employee Assistance Program. The next session of the 5-week group tobacco cessation classes begins on Thursday, February 5th and is held from Noon-1pm at 126. E. Main Plaza. To enroll contact [wellness@sanantonio.gov](mailto:wellness@sanantonio.gov) or 207-WELL.