

BATHROOM BANTER

APRIL 2015 (210) 207-WELL wellness@sanantonio.gov



Stress Awareness Month

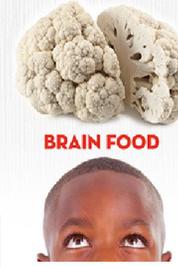
Upcoming Educational Sessions

“Mindfulness Stress Reduction”
Lucy Ziegler, Licensed Profession Counselor
4/2, 3:15-4:00pm @ Pre-K 4 SA North

“Stress Management: Balancing Work & Life” with DeerOak EAP
4/9, 11:30am-12:30pm @ Central Library

“Focused Awareness Meditation”
Renee Fletcher, MSN, RN, CNS, Methodist Hsptl
4/16, 3:15-4:00pm @ Pre-K 4 SA South

“Soothing Stress” with UHC Health Coaches
4/15, 6:45-7:30am @ Callaghan Service Center
4/22, 11:30am-12:30pm @ Municipal B Rm



VEGOUT SA!
DON'T LET JUNK FOOD DRAIN YOUR BRAIN.
Eat smart by adding more veggies and fruits.



The Mayor's Fitness Council launched the Veg Out SA! campaign to raise awareness on the health benefits of consuming more fruits and vegetables as part of a daily diet. The campaign, has posters and other marketing materials available for free download at www.fitcitysa.com.

Be on the lookout for creative promotional materials all around San Antonio and in City worksites that serve as a reminder for all of us to embrace our inner herbivore to help reduce our risk of chronic disease like heart disease and hypertension.



Do you find yourself buying fruits and veggies, just to have them quickly wilt and become inedible? Don't forget that utilizing your freezer is always an option. In fact, buying frozen fruits and veggies can be more economical, convenient, stable, fresh and nutritious all at the same time! Fruit smoothie anyone?



TAKE A DIP

Don't let junk foods sink your ship. Fix yourself a fresh serving of veggies and dive in. Mashed avocado makes a great dip for crunchy cucumbers, carrots and celery and is rich in good fats.

Although this year's City Manager's 5K was cancelled due to inclement weather, you still had a way to earn those **1,000 HealthMiles** by participating in 5K Your Way! All you had to do is take 10,000 steps in one 24-hour period on Saturday or Sunday, March 21 & 22 or March 28 & 29, 2015. **See how some COSA employees completed their COSA 5K Your Way!**

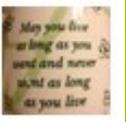
Chris Finally made my 10,000 steps for the day
#COSA5Kyourway



Claudia Trying to earn my HealthMiles indoors since this rain just won't stop!
#COSA5Kyourway



Martha I am doing the Helotes Beer Garden 5-k for my 5-k your way. March 28th.
#COSA5Kyourway



Haley I did my 5K Your Way at the Valero Texas Open!
#COSA5Kyourway



KEEP CALM AND BE STRESS FREE