



BATHROOM BANTER

March 2016 (210) 207-WELL wellness@sanantonio.gov



MARCH National Nutrition Month



Go Green for a Healthy St. Patrick's Day

March Education Sessions

“Healthy Nutrition” Presented by UHC Health Coach,
Jenny Cavazos
3/10, 11:30am-12:30pm
Central Library Auditorium

“Sizing Up Your Servings” Presented by
Christina Scott, RDN, LD, CDE
3/15, 11:30am-12:30pm
Municipal Plaza, B-Room

“Healthy Nutrition” Presented by UHC Health Coach, Jenny Cavazos
3/24, 3:15pm-4:00pm
Pre-K 4 SA South Education Center, Training Room #1



Interested in joining the City's next Weight Watchers at Work session? Through the [Weight Watchers at Work Program](#), you get the power of the Weight Watchers' group classes and support from your co-workers at a City worksite.

- Open Houses March 10th & 17th
- New session begins Thursday, March 24th
- 111 Soledad, Ste. 100, Habanero Rm
- Thursdays, 12:45 – 1:30 p.m.
- Contact: Bridget Lewis McKinney at bridget.mckinney@sanantonio.gov

To start your own group, contact wellness@sanantonio.gov or 207-WELL.

Normal St. Patrick's Day traditions aren't designed around healthy eating, so it is especially important that our day-to-day routines encompass healthy habits. Green vegetables are the foods most commonly missing from many diets. Eating dark, leafy greens provides a variety of vitamins and minerals essential to proper nutrition. Greens are very high in calcium, magnesium, iron, potassium, phosphorous, zinc and vitamins A, C, E and K. They are loaded with fiber, and folic acid. If you are feeling sluggish, or tired, getting more greens is the best place to start. You may even see an improvement in your skin, eyes, hair and energy levels in addition to weight loss. (www.heart.org)

March is National Nutrition Month



Metro Health invites you to “Savor the Flavor of Eating Right” this month by learning how to cut back the sodium (salt) in your food! Too much sodium is linked to high blood pressure and heart disease, making it a significant concern for your health.

Did you know that most of the salt in our food isn't from what we add during cooking or even what we add to our food at the table? Approximately 77 percent of the sodium in our meal comes from processed food items and restaurant meals! More home cooking and cutting back on packaged foods and can do wonders for reducing your sodium intake. In the kitchen you can use spices like cumin, cilantro, lemon, lime, or basil to enhance the flavor of your food naturally, or try a salt-free seasoning blend available in most grocery stores.

When eating out, check out the lower sodium ¡Por Vida! options available at participating restaurants, www.PorVidaSA.com for a delicious and healthy choice!



THANK YOU to all of the runners and walkers who laced up their tennis shoes on Saturday, February 27th for the 9th Annual City Manager's Step Up to Wellness 5k Walk/Run at SeaWorld. This year, registration for the 5k was at an all-time high with 3,051 people registering!



A special thank you goes out to all of the volunteers and City Departments who helped make this event a success, including San Antonio Fire & Police, Animal Care Services, San Antonio Public Library, Parks & Recreation, Metro Health, Human Services and Convention Sports & Facilities.