

Bathroom Banter!

Your private connection to wellness!



"The concept of total wellness recognizes that our every thought, word, and behavior affects our greater health and well-being. And we, in turn, are affected not only emotionally but also physically and mentally." - Greg Anderson

Exercise ensures your metabolism is improving. It also increases your focus and energy levels!

An optimistic attitude helps protect your health and boost resilience, even during times of uncertainty and change.

2011 Rock 'n' Roll Half Marathon Training
Stay tuned for more information on this year's half marathon training program.

May is National Bike Month!

Join in the fun at this year's Walk & Roll Rally! The MPO encourages the use of healthy transportation. Walk or bike to Main Plaza with various starting locations to choose from.

Starting Locations:

- Hemisfair Park (at the B-Cycle Station)
- Milam Park (at the B-Cycle Station)
- St. Mary's Garage
- One Stop (front steps)



7:30 a.m. Departure
8:00 a.m. Arrival to Main Plaza

For more event info, call 227-8651 or visit www.walkandrollsa.com.

Try Bikeshare!

May Wellness Series

Join us during lunch for educational diabetes related information. Not diabetic? Not a problem! There is info for everyone. Sessions will be held on the first four (4) Tuesdays in May from 12:15 - 1:00 p.m. at the Municipal Plaza building Mezzanine Level.

- May 3rd – What is Diabetes? - Diabetes ABC's
- May 10th – Planning Healthy Meals
- May 17th – All About Physical Activity
- May 24th – Foot Care

Please contact the **Employee Wellness Program** at 207-9355 or wellness@sanantonio.gov today to **RSVP**.

National Stroke Awareness Month

Did you know stroke is the third leading cause of death and long-term disability in America? There are many factors that you can control to reduce your risk of stroke, and the City offers benefits to help control those risk factors.

- Utilize a **City Health Station** to track your blood pressure.
- Call the **Quitline at 1-866-605-7848** when you are ready to quit using tobacco.
- Get a screening at the **Health + Wellness Center** for your cholesterol levels.
- Keep a **physical activity journal** to earn \$25 on the Wellness Rewards Program
 - Join **Weight Watchers at Work** to manage or maintain a healthy weight.
 - Call the **Nurseline** for info on **Personal Health Support at 1-866-405-7170**.

Contact us at wellness@sanantonio.gov or 207-WELL (9355)

Go! Historic SA Guided Running & Walking Tours

Approximate 5K run/walk includes a guided tour with stops at historic spots. All participants receive a mesh running cap. Register online at www.Active.com keyword "guided tour." Registration is \$15.

- May 8th at 8:00 am**
- Downtown Tour: Meet at City Marina**
- May 26th at 6:00 pm**
- Brackenridge Tour– Meet at Zoo Parking lot**