



Your private connection to wellness!

# Bathroom Banter!

## Wellness Rewards Deadline

Don't miss out on the next deadline to submit your Rewards Request Form and documentation. There's still time to earn \$ for a few activities that don't take much time.

- Schedule an annual physical
- Schedule a preventive screening
- Take the online health assessment

Next Deadline – June 15<sup>th</sup>

Contributions made to your FSA – July 1<sup>st</sup>

Find forms and information on the Wellness page of the HR website.

## Mother Friendly Worksite

The City of San Antonio is now a mother friendly worksite! Administrative Directive 4.15 was created to give nursing mothers the opportunity for milk expression in a private location at their worksite. It is the employee's responsibility to:

- Contact the Employee Wellness Program to arrange for the use of pumps or rooms
- Coordinate schedule with supervisor
- Keep designated room or space clean

For more information about AD 4.15, visit [www.sanantonio.gov/hr](http://www.sanantonio.gov/hr).

*"Health is like money. We never have a true idea of its value until we lose it."*

*-Josh Billings*

## Recipe: Happy Grilled Shrimp

Makes four 6-oz servings, 230 calories each



1. Toss 1 ½ pounds uncooked, peeled medium shrimp with 2 tbsp each fresh lime juice, olive oil and chopped cilantro.
2. Add ½ tsp of each chili and garlic powder.
3. Thread onto 4 skewers and grill until pink.

A healthy lifestyle does not require a gym membership. Kick off your changes today by taking the stairs, playing ball or biking to the store.

## Be sun safe!

Select a sunscreen with an SPF of 15 or higher.



## 2011 Rock 'n' Roll Half Marathon Training

Join us for a 26-week training program for City Employees as we gear up for the San Antonio Rock 'n' Roll Half Marathon. This program is for beginners, walkers, slow joggers, and runners.

May 21<sup>st</sup> – November 13<sup>th</sup>  
Saturdays at 6:30 a.m.

Choose from four (4) locations:

- Roger Soler's Helotes
- Roger Soler's Stone Oak
- Spectrum at Concord Plaza
- YMCA in New Braunfels

June 7<sup>th</sup> - November 8<sup>th</sup>  
Tuesday at 6:30 p.m.  
Lion's Field on Broadway St.  
Tuesday evening trainings are for City employees.

Visit [www.sanantoniofit.com](http://www.sanantoniofit.com) to register.

New members - \$80

Discount code - cosanew2011

Returning members - \$60

Discount code - cosaret11

