

Bathroom Banter!

Your private connection to wellness!



Go Play in the Street!



Sunday, March 4
10:00 a.m. - 3:00 p.m.

Broadway from Brackenridge Park to McCullough

Siclovía, a pre-Fiesta event, will help kick off a Fit Fiesta season that includes a parade, bands, floats, Fiesta royalty, and an opportunity for families to "Go Play in the Street!" Siclovía is a four-mile car-free route on Broadway. The best part - IT'S FREE!
www.siclovía.org

NEW Fitness Center Reimbursement Program!

Ready to hit the gym this new year? Now you can receive up to a \$20 monthly reimbursement for actively attending a gym at least 25 times in three months prior to the reimbursement deadline. This program is available for all full-time, civilian employees.

Proper documentation is required by the April 10 deadline to receive reimbursement!

Contact the Employee Wellness Program for more details.

5 Tips to a Great Plate

Cut back on calories and foods high in solid fats, added sugars, and salt.

- ✓ Enjoy your food, but eat less.
- ✓ Cook more often - you get to control what's in your food.
- ✓ Choose foods and drinks with little or no added sugars.
- ✓ Look out for sodium in your foods.
- ✓ Eat fewer fatty foods.

Get your personal daily calorie limit at www.choosemyplate.gov and keep that number in mind when deciding what to eat.

Not registered on myuhc.com?

Registration is easy. Just visit myuhc.com, click on "Register Now" and follow the simple steps. Take a FREE, personalized health assessment that provides you with immediate feedback on the current state of your health. It takes approximately 15 minutes to complete, and your responses are used to help create a customized online experience.

- Identify your personal health needs and "lifestyle score"
- Learn healthy habits
- Access health improvement resources

Keep your insurance card in your wallet!



Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it or work around it. - Michael Jordan

Employee Wellness Rewards Deadline

The next deadline to submit a Rewards Request Form with completed eligible activities is **March 15, 2012.**

Contributions to Flexible Spending Accounts will be made on April 2, 2012.



Submit your forms today!

Parks & Recreation Expanded Pool Season

This year the Parks & Recreation Department will offer a variety of hours of operation for Lap Swim and Open Swim. Four pools will offer hours during Spring Break (March 13 - 18) and starting on May 5 until the regular outdoor pool season begins on June 16.

- Heritage, 1423 Ellison Dr.
- Lady Bird Johnson, 10700 Nacogdoches
- Southside Lions, 3100 Hiawatha
- Woodlawn, 1100 Cincinnati

For pool hours of operation, please call 207-3299.