

Bathroom Banter!

Your private connection to wellness!



Preventing Back Pain

Back pain affects 80% of Americans at some time in their lives. It's one of the most common reasons people see a doctor or miss work. Follow these tips to maintain good back health.

- Increase blood flow with heat from heat pads.
- Reduce inflammation with ice packs.
- Strengthen back muscles with exercise.
- Use good body mechanics when lifting and bending.



“Being in control of your life and having realistic expectations about your day-to-day challenges are the keys to stress management, which is perhaps the most important ingredient to living a happy, healthy and rewarding life.”

-Marilyn Henner

Spring is Here!

Spring is a time of renewal. You can feel renewed by getting tobacco out of your life. The Quit For Life Program can help. You'll have one-on-one coaching over the phone and online. This is FREE & confidential for all City employees and spouses/domestic partners.

Call 1-866-QUIT-4-LIFE (1-866-784-8454) or visit www.quitnow.net for details or to enroll.

Eligible for Wellness Rewards!



Deadline for Submitting Receipts for 2011 Flexible Spending Accounts!

If you still have funds left in your 2011 health care or dependent care FSA, you have until **March 31, 2012** to submit receipts for eligible expenses you had in calendar year **2011!**

Remember, this is YOUR money - use it, so you don't lose it.

Walk. Run. Wag. 5K9

Walk or run a 5K or 1-mile course with your dog. You can also opt to run or walk without a furry friend and go for either fun on a well-supported course. Register today at www.walkrunwag.com/san-antonio/registration. Use discount code: **WAGSADISC4** for 30% off. All proceeds benefit Animal Care Services.

April 1, 2012
Petco Headquarters
654 Richland Hills Drive
5k - 8:00am
1 mile - 9:00am



This is an eligible event towards the “Attend 3 events hosted by the Employee Wellness Program” activity.

How physically active are you?

You should be getting at least 2.5 hours of physical activity per week. That is only 20 minutes a day. It's not just about running and lifting weights. Mix it up!

- Yard work -Salsa Dancing
- Kickboxing -Swimming

These are all great forms of physical activity. Get out there!

Keeping an 8-week Physical Activity Journal is eligible for Wellness Rewards.



Potassium Lowers Blood Pressure

Sufficient potassium, about 1,600 mg per day, may be all you need to lower your blood pressure. Start the day with a glass of orange juice (490 mg), eat a banana at lunch (450 mg) and a baked potato at dinner (840 mg).



Utilize the Employee Health Stations frequently to track your blood pressure.