



# BATHROOM BANTER

JUNE 2015 (210) 207-WELL [wellness@sanantonio.gov](mailto:wellness@sanantonio.gov)

## FITPASS 2015

A PASSPORT TO A HEALTHIER YOU.



### PLAY.GET FIT.EARN PRIZES.

Join the Parks & Recreation Department for the next installment of San Antonio's citywide fitness & wellness adventure. Challenge yourself to live healthier, stay fit, & get to know your city! Fit Pass 2015 is an interactive fitness scavenger hunt taking place from June 13th through September 2015. Earn points for completing challenges & participating in wellness activities throughout San Antonio for a chance to win big prizes! Be sure to register for the FREE **Super Sports Fanatic 5K** on June 13th, the official kick off event of Fit Pass 2015! For more information, visit, [www.sanantonio.gov/parksandrec](http://www.sanantonio.gov/parksandrec).

210.207.3000 | #FitPass2015  
/SAParksandRec @SAParksFitness



In May, the City of San Antonio was recognized as a Platinum Level recipient of the American Heart Association's **Fit-Friendly Worksites** Recognition program, the highest level of recognition.

The **Fit-Friendly Worksites** Program is a catalyst for positive change. Worksites throughout the nation can be part of the initiative by making the health & wellness of their employees a priority.

To find out what you can do to incorporate more physical activity into your day, check out the Employee Wellness website.



### Upcoming Educational Sessions

**"Seated Ergonomic Concepts & Associated Spinal Injuries"**  
Presented by Jesus Luis Oaxaca, PT,  
Director of Rehab  
David Enriquez, PT, PT Supervisor at Methodist  
Rehab Outpatient Clinic  
6/8, 11:30am-12:30pm @ Municipal Plaza

**"Back for Health"**  
Presented by James Williamson, UHC Health Coach  
6/25, 7:00am-8:00am @ Northwest Service Center  
6/26, 2:00-2:45pm @ Convention Center



### Check out these smartphone apps that will help you get fit & healthy!

 **myfitnesspal** The more consistently you track your food intake, the more likely you are to lose

weight. Recording everything you eat without the right tools can be tedious & difficult, however. MyFitnessPal.com focuses on making sure you can log your meals as quickly & easily as possible by remembering what you've eaten and done most often, and making it easy for you to add those foods again to your log. With the largest food database of any calorie counter (over 3,000,000 foods) & quick food and exercise entry, it will help you take those extra pounds off! Free for iPhone and Android.

For an app that looks beyond the calories & helps you eat healthy & tasty, check out  **Fooducate** eat a bit better™ 

Fooducate! Fooducate lets shoppers scan a product bar code in the grocery store for an instant read on a food's health value, represented by a letter grade from A to D. Once a food has been scanned & recognized, the app offers healthier alternatives or can compare 2 products side-by-side. Free for iPhone & Android.

 **SWÖRKIT** No gym, no excuses! Sworkit is a personal workout trainer app for daily circuit training workouts and exercise routines that fit your schedule. It's easy: start with selecting a part of your

body you want to work out by choosing from over 20 pre-built workouts (or create your own), set your time limit to fit your schedule, and get to work by watching video instruction and audio cues to take you through the workout. Free for iPhone & Android.

Health4Me is designed to help all consumers make more informed decisions regarding their care, including the ability to locate nearby health care providers, convenience care, urgent care and emergency care facilities, review market average prices for more than 520 medical services across 290 episodes of care, providing a comprehensive view of what consumers should expect throughout their course of treatment, and more easily anticipate and manage health care expenses based on local estimates. Free for iPhone & Android.

