



February Education Sessions for Heart Health Month

“Tacos to Treadmills: What you should know about your heart health”

2/9, 11am-12pm, Municipal Plaza, B-Room
Presented by Dr. Alvarez & Robert Bunney, RN-BC,
PCCN, Cardiovascular Coordinator,
Methodist Hospital

“Healthy Heart”

*Learn the risk factors for developing heart disease &
how to reduce them, discuss the signs & symptoms of
a heart attack, & review how to access
United Healthcare resources*

2/18, 3:15pm-4:00pm Pre-K 4 SA East Education
Center, Training Room #3

Presented by UHC Health Coach, James Williamson

2/25, 7:15am-8:00am, Southeast Service Center,
Building 3 TCI Crew Quarters

Presented by UHC Health Coach, Rene Urteaga

Be Tobacco Free for Heart Health

Employees and their spouses/domestic partners can
attend FREE tobacco
cessation classes
through the City’s
Employee Assistance
Program. The next
session of the 5-week
group tobacco
cessation classes

begins on Wednesday, February 17th
and will be held from Noon–1pm at
126. E. Main Plaza. To enroll contact
wellness@sanantonio.gov or
207-WELL.



BATHROOM BANTER

February 2016 (210) 207-WELL wellness@sanantonio.gov

Physical activity is important for heart disease & stroke prevention. To improve overall heart health, the American Heart Association suggests 30 minutes of exercise a day, 5 times a week (this can be divided into 2 or 3 segments of 10 to 15 minutes per day). Visit www.heart.org for more information. Check out the following opportunities for physical activity offered through the City of San Antonio!



9th Annual City Manager’s Step Up to Wellness 5k Walk & Run

Saturday, Feb. 27 at SeaWorld San Antonio

Visit www.cm5k.racesonline.com to register yourself, your friends and your family members for the big event.

Important Things to Know:

- You must register by **Feb. 19** to be guaranteed an event t-shirt in your size.
- This event is **FREE** to City employees. Guests of a City employee only pay a \$7 registration fee.
- Civilian employees can earn **750 HealthMiles** by completing the event.
- Packet Pick-Up at the Central Library Foyer
Thursday, 2/25, 3pm-8pm
Friday, 2/26, 10am-2pm
- This event is open to the public.

****Cool Extra:** You can purchase a SeaWorld San Antonio admission ticket with a picnic voucher for the reduced rate of **\$31.49 + tax**. Normally, a SeaWorld San Antonio adult admission ticket is \$69. The discounted admission ticket and picnic voucher can only be used on Feb. 27. SeaWorld San Antonio opens at noon, and those who purchase this fun extra will be given a complimentary parking pass (to be used if you leave the park and return at a later time).



5k-a-Day Challenge

Take 124,000 total steps (average 6,200 steps per day) from February 8th-February 27th (the equivalent of a 5k per day) and earn 500 HealthMiles! Be sure to upload your steps by March 2nd.

To register for Virgin Pulse, go to
www.join.virginpulse.com/cityofsanantonio.



Fitness Center Discounts

Don’t forget about the discounted rates San Antonio fitness centers have offered for City of San Antonio employees. Be sure to check out the full list at www.sanantonio.gov/wellness. Check out our most recent edition below!



All City of San Antonio employees can now receive a free 1-month boot camp (March 14 - April 9) with **Camp Gladiator**, created by American Gladiator Grand Champion Ally Davidson.

Camp Gladiator is a four week adult fitness boot camp that promises a motivating and challenging environment where men and women of all ages and fitness levels can push themselves. Campers can expect a total body workout. A typical session could include interval training, sprint and agility drills, stations, plyometrics, body weight strength drills, cardio mix, and much more.

For instructions on how to register for your free 1-month boot camp visit the Fitness Center Discounts page at www.sanantonio.gov/wellness or call Camp Gladiator at (210) 563-1775 to get registered before March 5.

PLUS, going forward City employees will receive no less than a 5% discount on each boot camp for signing up with Camp Gladiator at any time. Just register at <http://campgladiator.com/sanantonio/> with your COSA email address or you can call Camp Gladiator directly.