



Lace up your walking shoes and get ready for the Great American Adventure Challenge!! Team up to trek across the United States—from New York to San Antonio! Your crew has a few weeks to walk coast to coast, unlocking American sites and cities along the way!



Challenge start date: July 31st
Challenge end date: August 13th

Sign up at virginpulse.com or on the Virgin Pulse mobile app as early as July 17th!

Average 8,000 steps during the challenge duration and earn 500 Virgin Pulse points! Bonus 500 Virgin Pulse points for the top 5 teams who walk the most steps!! Double bonus for the top 50 steppers who will be entered into a raffle for a free MAX BUZZ!!!



The new MAX BUZZ is now available in the Virgin Pulse store!! Max Buzz™ is a sleek and water-resistant daily activity tracker. It tracks your steps, sleep, calories burned, distance, and active minutes. Max Buzz also sends you text notifications and applause. It's a smarter way to move and get rewarded with Virgin Pulse. Syncs to the Virgin Pulse mobile app – only works with devices that support the Virgin Pulse app!

Questions about the Virgin Pulse program? Call Virgin Pulse directly at 866.852.6898 or Employee Wellness at 210.207.WELL.

July BATHROOM BANTER

(210) 207-WELL wellness@sanantonio.gov



There's Still Time to Train for the Rock 'n' Roll Marathon & 1/2 Marathon!



Full Marathon Training Program:

- \$119 - \$50 City Contribution = **\$69***

Half Marathon Training Program:

- \$99 - \$50 City Contribution = **\$49***

Go to epicdurance.com and scroll down to the COSA employee section to register today!

SUMMER HEALTH AND SAFETY

PROTECT YOUR SKIN • STAY HYDRATED • PUT SAFETY FIRST

PROTECT YOUR SKIN

Skin cancer is the **MOST COMMON** type of cancer, accounting for **NEARLY HALF** of all cancer cases

The sun's UV rays are **STRONGEST** between 10 a.m. and 4 p.m.

— SUNSCREEN FACTS —

UVB rays are the **MAIN** cause of sunburns

SPF measures how well sunscreen protects against UVB rays only

Water-resistant sunscreen provides protection while swimming or sweating

Broad-spectrum sunscreen protects against both UVB and UVA rays



Let's go for a walk



Enjoy a relaxing walk downtown with our very own Blue Cross and Blue Shield of Texas onsite health coaches, Marissa Ryals and Keith Thibodeaux. Take in the beautiful San Antonio Riverwalk on a mid-morning shaded stroll while having the opportunity to ask Marissa and Keith questions regarding the onsite health coaching program, nutrition, diet, physical activity, or anything else related to your health and wellbeing.

- **Walk with a Coach session 1 - July 13th, 10am-11am; Group will meet at San Fernando Cathedral front entrance**
- **Walk with a Coach session 2 - July 27th, 10am-11am; Group will meet at San Fernando Cathedral front entrance**

Participants must be there on time or risk missing out on the walk. Walking group will leave promptly at 10:05am. Be sure to wear comfortable walking shoes! **Session will be limited to 20 employees, employees must RSVP to HR Customer Service at 207.8705.** Employees must seek approval from their supervisor and follow departmental procedures to attend this event. With supervisor permission, employees can participate on work time, and any time that falls within their regularly scheduled day will be considered paid time. **Interested in onsite personal health coaching? Email wellness@sanantonio.gov to get connected with a health coach today!**