



BATHROOM BANTER

(210) 207-WELL wellness@sanantonio.gov



To Be or Not to Be Gluten Free

Presented by Angela Garcia, RDN, LD

March 21, 2018, 1-2pm

Municipal Plaza, B-Room

(114 Commerce)

Nutrition Education

Nutrition in a Nutshell

Presented by Marissa Ryals, BCBSTX

March 13, 2018, 12-1pm

Municipal Plaza, B-Room

(114 Commerce)

10 REASONS DOCTORS TALK ABOUT THE NEED FOR GOOD NUTRITION & DIETS



1. WELL-BEING IS REDUCED WITH A POOR DIET



2. IT'S EXPENSIVE TO BE UNHEALTHY



3. HELPS YOU MANAGE A HEALTHY WEIGHT



4. MAINTAINS YOUR IMMUNE SYSTEM



5. DELAYS THE EFFECTS OF AGING.



6. GIVES YOU ENERGY



7. REDUCES THE RISK OF CHRONIC DISEASE



8. HEALTHY EATING POSITIVELY AFFECTS YOUR MOOD



9. INCREASES FOCUS



10. HEALTHY DIETS MAY LENGTHEN YOUR LIFE



Be Healthy Be APPY



Calm focuses on meditation and is especially useful for beginners. Guided meditations are available based on your specific needs, such as reducing anxiety or creating more forgiveness in your life.



Fabulous helps you make healthy changes and stick to them. With a holistic approach to health, Fabulous covers everything from morning rituals to sleep patterns, mindset, and energy levels.



Join the **Charity Miles** community where you can earn money for charity when you walk, run, or bike. Moving with purpose will inspire you to move more & to go the extra mile. It helps you appreciate your own health, which will help you make other healthy choices every day.



Virgin Pulse allows you to track total steps, active minutes, health stats, and physical activities. Maximize your points earned by downloading the app today to gain access to daily cards and challenges.



BodySpace has nutritional and exercise advice straight from the experts such as qualified doctors, nutritionists, athletes and trainers. BodySpace also includes thousands of workouts for you to browse and use for your training. Training plans are highly customizable to help you reach your goals.

CITY OF SAN ANTONIO PARKS & RECREATION

REGISTER NOW!

MARCH 12-16

SPRING BREAK

CAMP AGES 6-14

ACTIVITIES INCLUDE:
SPORTS, FITNESS,
ACTIVE GAMES & CRAFTS
LUNCH & SNACK INCLUDED

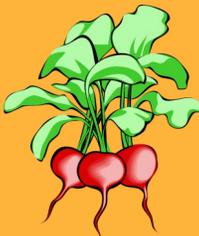
17 COMMUNITY CENTERS
\$3 PER CHILD PER DAY

REGISTER IN PERSON AT A PARTICIPATING CENTER OR ONLINE AT:
WWW.SAPARKSANDREC.COM

@SAPARKSANDREC

March is National Nutrition Month!

Try some of these activities with your friends and family to encourage healthy habits and a healthier lifestyle.



Visit a Farmers Market

At the Pearl Farmers Market you will find produce, meat, eggs, baked goods, locally produced cheeses, olive oils, and a diverse selection of prepared foods and treats.

Saturdays, 9am-1pm
Sundays, 10am-2pm



Plant a garden

Earn an appreciation for nature when you take the time to watch things grow. Gardening is also a great way to add physical activity in your day to day lifestyle. You can also include your kids in your gardening fun! This is a great way to help them to learn where fruits and vegetables come from.



Get in the kitchen

Choose a fun recipe to prepare. Cooking at home gives us the opportunity to be creative and control the ingredients we use to prepare our meals. Experiment with new fruits and vegetables to keep your plate bright and full of color! Visit MyPlate.gov for information regarding proper portion sizes.