



This month, the City of San Antonio Employee Wellness Program wants to highlight the importance of **physical activity**. In this edition of Bathroom Banter you will find opportunities to get active in the community! Come out and attend one of our education sessions to learn how to get started in achieving your **fitness goals!** To **RSVP**, please contact HR Customer Service at 207.8705

June 12th
Nutrition For Fitness
 12-1pm
 Presented by Epic Endurance
 Riverview Towers
 Habanero Room
 111 Soledad



June 19th
How to Define, Plan, and Achieve Your Fitness Goals
 12-1pm
 Presented by Epic Endurance
 Plaza de Armas
 Gallery
 115 Plaza de Armas

June 26th
YMCA Physical Fitness
 12-1pm
 Presented by Kimberly Folden
 Plaza de Armas
 Gallery
 115 Plaza de Armas



2018 FIT PASS
 A PASSPORT TO A HEALTHIER YOU




SAN ANTONIO'S FITNESS & WELLNESS ADVENTURE
JUNE 9 - AUGUST 18
GET FIT, EARN POINTS, WIN PRIZES

FITNESS OPPORTUNITIES • NUTRITION EDUCATION
WELLNESS EVENTS & MORE!

GRAB A PASSPORT BOOKLET OR DOWNLOAD THE "SAPARKSFITNESS" APP & START PLAYING TODAY!

FOR MORE INFORMATION VISIT:
WWW.SAPARKSANDREC.COM
 FOLLOW FIT PASS ON FACEBOOK & TWITTER @SAPARKSFITNESS




HUMANA ROCK 'N' ROLL
SAN ANTONIO
 DEC 01-02 / 2018



It's that time again!!!

Sign up for the 5K, 10K, 2 Person Half Marathon Relay, Half Marathon, or Marathon! Enter code **2018RNRSACITY** to receive \$10 off your registration!




Did You Know?

- * Phase 1 of **San Pedro Creek Culture Park** made it's debut on May 5th, 2018. Take a walk and explore the vibrant history and culture that is in the heart of downtown.
- * **YMCA of Greater San Antonio** now offers a monthly membership fee in place of the annual fee (\$32/adult, \$42/family). This plan allows access to all YMCA locations. Visit your local YMCA today to sign up. Don't forget to take your employee ID badge or pay stub to enroll.
- * June is **Men's Health Month**. The City of San Antonio offers preventive care services covered at 100% cost for all City employees on a City medical plan. Schedule your free physical exam today! Visit sanantonio.gov/wellness for more information.





EXERCISE for LIFE

ADULTS: **30 MINS** 5 DAYS A WEEK
 CHILDREN: **60 MINS** 7 DAYS A WEEK

RECOMMENDED AMOUNT OF PHYSICAL ACTIVITY A DAY

ADULTS: ≥ 2 DAYS A WEEK
 CHILDREN: ≥ 3 DAYS A WEEK

MUSCLE TRAINING

HELPS #1. YOU LIVE LONGER

HELPS #2. STRENGTHEN BONES & MUSCLES

HELPS #3. IMPROVES MENTAL HEALTH

HELPS #4. HELPS CONTROL YOUR WEIGHT WHEN COMBINED WITH A REDUCED CALORIE DIET

WHY YOU SHOULD STAY ACTIVE REGULARLY

WAYS TO INCLUDE PHYSICAL ACTIVITY INTO YOUR DAY

- BIKE TO SCHOOL OR WORK
- CHOOSE THE STAIRS OVER THE ELEVATOR
- JUMPING JACKS BETWEEN COMMERCIALS
- WALK AFTER A MEAL

2018 FIT PASS DASH 5K

JUNE 9 AT PEARSALL PARK
 4700 OLD PEARSALL RD

KICK-OFF FIT PASS 2018, GET ACTIVE & FIT AT THIS FAMILY FRIENDLY EVENT

OPENING CEREMONIES START AT 8AM
 PARTICIPANTS REGISTER AT: WWW.IAAPWEB.COM

EVENT RUNS FROM 7AM - 11AM WITH RACE FOLLOWING OPENING CEREMONIES

FIRST 2,000 PEOPLE TO PICK UP THEIR PACKETS GET A FREE FIT PASS SHIRT!

www.saparksandrec.com