

October

BATHROOM BANTER

210.207.WELL
WELLNESS@SANANTONIO.GOV

OCTOBER WALK WITH A COACH SERIES

IT'S BACK! THE COSA EMPLOYEE WELLNESS PROGRAM IS EXCITED TO HOST ANOTHER SERIES OF WALK WITH A COACH THIS FALL. THIS WALK WILL INCLUDE YOUR BCBSTX ONSITE HEALTH COACHES, KEITH THOBODEAUX AND MARISSA RYALS. DURING THIS SERIES, THE COACHES WILL DISCUSS HIGH INTENSITY INTERVAL TRAINING (HIIT), INTERMITTENT FASTING, THE KETO DIET, AND MORE!

DATES

OCTOBER 23RD & 30TH | 1-2PM
SAN FERNANDO CATHEDRAL | FRONT ENTRANCE
115 W. MAIN PLAZA

The walking group will depart the meeting location at 105pm on the dot. Space is limited to 20 people. To reserve your spot, contact Human Resources Customer Service at 207-8705 or hrcustomerservice@sanantonio.gov

pumpkin smoothie bowl

Ingredients

- 3/4 cup pumpkin puree
- 1 banana
- 1/2 cup unsweetened almond milk
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/8 tsp all spice
- Toppings: Your choice!
- Recommended toppings: apple, walnuts, chia seeds, cinnamon

Instructions

- Combine smoothie bowl ingredients in a blender and pulse until smooth.
- Transfer to a bowl and add toppings.
- Enjoy!

thealmondeater.com

STEPS TO BURN OFF HALLOWEEN CANDY

To Burn Off...

- 1,800 Steps
- 6,625 Steps
- 6,750 Steps
- 6,938 Steps
- 8,531 Steps
- 6,891 Steps
- 500 Steps

WHAT IS HIIT?

High-intensity interval training, is a training technique in which you give all-out, 100% effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

INTERMITTENT FASTING?

Intermittent fasting (IF) is an eating pattern that cycles between periods of fasting and eating. It doesn't specify which foods you should eat, but rather when you should eat them. Common intermittent fasting methods involve daily 16-hour fasts or fasting for 24 hours, twice per week.

KETO DIET?

The ketogenic diet is a very low-carb, high-fat diet. It involves drastically reducing carbohydrate intake and replacing it with fat. This reduction in carbs puts your body into a metabolic state called ketosis. Ketosis is the state in which the body produces ketone bodies out of fat, and uses them for energy instead of carbs.

www.bodybuilding.com
<https://dailyburn.com>
www.healthline.com

OPEN ENROLLMENT 2018

Open enrollment, which will be held from October 1st to October 19th, is the one time of year when all regular, full-time employees can select or make changes to their benefit choices. These changes become effective January 1, 2019.

COME GET YOUR FREE FLU SHOT!

Employees can attend an onsite open enrollment event and get their flu shot at one of the events below. Please remember to bring your BCBSTX insurance card.

Where?	When?
Alamodome	10/15/18 - 12:00pm to 5:00pm
100 Montana St	10/16/18 - 8:00am to 5:00pm
San Antonio TX 78203	10/17/18 - 8:00am to 5:00pm
	10/18/18 - 8:00am to 5:00pm
	10/19/18 - 8:00am to 1:00pm