

BATHROOM BANTER
FEBRUARY
 WELLNESS@SANANTONIO.GOV
 210-207-WELL (9355)

FEBRUARY IS heart MONTH
 A GREAT TIME TO THINK ABOUT
 HEART DISEASE FACTS & PREVENTION

THE statistics

LEADING CAUSE OF DEATH FOR
MEN & WOMEN
 IN NORTH AMERICA
 (Women are equally
 affected to men)

ABOUT **600,000**
 PEOPLE DIE OF HEART DISEASE
 IN THE US EVERY YEAR.
THATS 1 IN 4

THE MAJORITY OF HEART
 ATTACKS HAPPEN
 BETWEEN THE HOURS OF
**8 & 9 IN THE
 MORNING**

prevent HEART DISEASE

BE SMOKE FREE	BE ACTIVE	DRINK LESS	CONTROL BLOOD PRESSURE
EAT HEALTHY	MAINTAIN HEALTHY WEIGHT	REDUCE STRESS	VISIT DOCTOR REGULARLY

WHAT'S NEW IN WELLNESS
 COME JOIN WELLNESS TO:

*REGISTER FOR THE 11TH ANNUAL CITY MANAGER'S 5K!
 *LEARN ABOUT ONSITE HEALTH COACHING AND MEET OUR NEWEST HEALTH COACH.
 *ENROLL IN VIRGIN PULSE AND GET YOUR QUESTIONS ANSWERED.

CONVENTION CENTER FEBRUARY 18TH 900 E. MARKET ST MEETING ROOM 221 1-3PM	NORTHWEST SERVICE CENTER FEBRUARY 19TH 6939 W LOOP 1604 N BUILDING #1 6-8AM	RON DARNER PARK HEADQUARTERS FEBRUARY 25TH 5800 ENRIQUE M. BARRERA PKWY 2-3PM	RIVERVIEW TOWERS FEBRUARY 26TH HABANERO ROOM 111 SOLEDAD ST 1ST FLOOR 11-1PM
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Heart Healthy Recipe of the Month: Avocado Black Bean Salad




Ingredients

- 2 jalapeños (seeded for less heat, if desired)
- 1 avocado
- 1 can black beans
- 1/2 medium white onion
- 2 scallions
- 1 clove garlic
- 1/2 cup fresh cilantro
- 2 tbsp. fresh lime juice
- 1 tbsp olive oil
- kosher salt
- pepper

Directions

- In a large bowl, combine the jalapeños, garlic, onion, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
- Add the beans, scallions, lime juice, and oil and toss to combine. Fold in the avocado and cilantro.

www.delish.com

The 2nd edition of the **Physical Activity Guidelines for Americans** has been released. Learn how much physical activity you should participate in on a daily basis. Metro Health encourages you to learn more at <https://health.gov/moveyourway>

How much activity do I need?

For adults:

Moderate-intensity aerobic activity
 Anything that gets your heart beating faster counts.

Muscle-strengthening activity
 Do activities that make your muscles work harder than usual.

at least **150 minutes a week** AND at least **2 days a week**



Tight on time this week? Start with just 5 minutes. It all adds up!

MOVE YOUR WAY.

 *peas be mine*

Happy Valentine's Day

-COA Wellness