



COSA Well

Bathroom Banter November 2019

Wellness@SanAntonio.gov
210-207-WELL

You can still register! 2019 HUMANA ROCK 'N' ROLL SAN ANTONIO MARATHON



CITY OF SAN ANTONIO EMPLOYEES RECEIVE THESE EXCLUSIVE DISCOUNTS FOR REGISTRATION:

5K: \$42

Use Discount Code:
SAWELLNESS20195K

10K: \$62

Use Discount Code:
SAWELLNESS201910K

Half Marathon: \$82

Use Discount Code:
SAWELLNESS2019HM

Marathon: \$92

Use Discount Code:
SAWELLNESS2019M

ALREADY REGISTERED?

Join the COSA Run Club Team!

SHOW YOUR COSA SPIRIT AND JOIN OUR TEAM. BY JOINING THE COSA RUNNING CLUB TEAM, YOU WILL ALSO GAIN ACCESS TO THE ROCK 'N' ROLL TRAINING LIBRARY WITH TIPS AND TRICKS TO HELP YOU SUCCESSFULLY TRAIN FOR AND FINISH YOUR RACE FEELING STRONG!

There are no fees required to join

TO JOIN:

1. Visit <https://www.runrocknroll.com/en/Programs/Run-Club/Join-Team>
2. Complete digital form and select "COSA Running Club" from the dropdown menu under Team
3. **Submit!**

Happy Thanksgiving!

And don't forget
Daylight Saving Time Ends
Sunday, November 3
Fall Back 1 Hour



Walk with a Coach

HOLIDAY STRESS MANAGEMENT

NOV. 13TH & 21ST
NOON-1PM

DON'T FORGET
H2O AND
SOME COMFY
SHOES!

Downtown

GROUP WILL MEET AT THE SAN FERNANDO CATHEDRAL. PARTICIPANTS MUST ARRIVE ON TIME OR RISK MISSING OUT ON THE WALK. WALKING GROUP WILL LEAVE PROMPTLY AT 12:05PM. SESSION WILL BE LIMITED TO 25 EMPLOYEES, EMPLOYEES MUST RSVP TO HR CUSTOMER SERVICE AT ASKHR@SANANTONIO.GOV

THANKSGIVING
INGREDIENT SWAPS



SWAP THIS

YOU SAVE

FOR THAT



CALORIES
420
SUGAR
66g
FAT
7g



1 CUP CLASSIC SWEET
POTATO CASSEROLE
WITH MARSHMALLOWS

1 SMALL BAKED
SWEET POTATO
TOPPED WITH 1 TSP BROWN SUGAR
AND 1 TSP CHOPPED PECANS

SWAP THIS

YOU SAVE

FOR THAT



CALORIES
144
SUGAR
1g
FAT
9g



1 CUP TRADITIONAL
GREEN BEAN
CASSEROLE TOPPED
WITH FRIED ONIONS

1 CUP GREEN BEANS
SAUTEED IN 1 TSP BUTTER
AND TOPPED WITH
1 TBSP FRIED ONIONS

SWAP THIS

YOU SAVE

FOR THAT



CALORIES
108
FAT
12g



1 CUP
TRADITIONAL
MASHED POTATOES

1 CUP LIGHTENED
MASHED POTATOES
MADE WITH 2% MILK, NONFAT PLAIN
GREEK YOGURT AND 3TBSP BUTTER