

FITNESS CENTER DISCOUNTS

If working on your fitness is one of your goals for 2020, don't forget that City employees can enjoy significant discounts at a variety of fitness centers across town, including the YMCA, Planet Fitness, Gold's Gym, Camp Gladiator, Anytime Fitness, and more.

Go to sanantonio.gov/wellness to check out a full list.

Joke of the Month

I'm opening up a new gym this year called, "Resolutions." It will have exercise equipment for the first two weeks, and then it will turn into a bar for the rest of the year.



Banana Split Bites



Instructions

- 3 Bananas
- ¼ lb Cored Pineapple
- 6 Strawberries
- 1 cup Dipping Chocolate
- ¼ cup Chopped Peanuts
- 12 Popsicle Sticks

Directions

- Cut strawberries in half.
- For each strawberry half, cut an equal size piece of banana and pineapple.
- Place pineapple on first, then banana and lastly strawberry.
- Place in freezer for 10 minutes.
- Line a tray with wax paper or parchment paper.
- Put chopped nuts in small plate to use for dipping.
- Melt chocolate by heating in microwave for 30 seconds, stirring and repeating until melted and smooth.
- Dip cold fruit in chocolate, then into nuts, then place on prepared tray.

Make S.M.A.R.T Resolutions This Year

Specific

Your goal should be focused and direct. If losing weight is your resolution, how much? Becoming stress free, in what way? Getting fit, muscular, toned, faster?

Measurable

How will you know you've achieved your goal unless you can measure your results? Maybe a before and after savings account, or a size smaller waistline. Goals *must* be measurable to work!

Achievable

New year resolutions often fail because the goal is not achievable. Commit to a goal that is within your capability if it's small. Once you have met your goal you'll be more motivated to start another!

Realistic

Your resolution *must* be realistic or you won't take it seriously for long. Running your first marathon next month is not realistic if you haven't been training but running one next December isn't a bad idea!

Timely

Your resolution *must* be timely or you may postpone or lose interest. Losing 25 pounds by the end of 2020 gives a deadline to your goal!

JANUARY EDUCATION SESSIONS

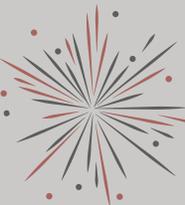
New Year New Start!

Hear all about what's new with the Employee Wellness Program, learn new strategies for making your health a priority in 2020, and much more



JANUARY 21ST
 PUBLIC SAFETY HQ | 12-1PM

JANUARY 28TH
 RON DARNER | 12-1PM



RSVP at AskHR@sanantonio.gov