

## Wellness Education Session Success!



Recognizing the role of knowledge and awareness in making healthy behavioral changes, Wellness offers educational sessions and program outreach on a variety of health topics.

Since January 2015, over **550 employees** have received valuable health information on a variety of topics including Diabetes, Heart Health, Sleep Health, Stress Management, Blood Pressure, & Musculoskeletal Health at locations near them. Participants have shared that the information provided in these sessions has been informative and helped them improve their lifestyle & health behaviors. **Haven't attended a session yet?** There is still time! Topics you can expect to see through the remainder of the year include Sun Safety, Cholesterol, Stress Management (back by popular demand), Nutrition, & Healthy Holidays.



# BATHROOM BANTER

JULY 2015 (210) 207-WELL [wellness@sanantonio.gov](mailto:wellness@sanantonio.gov)



The **2015 Rock 'n' Roll Marathon & 1/2 Marathon** will be on December 6, 2015, so it's time to start training! Sign up for the 24-week training program through Solers FIT USA.

Runners & walkers of all levels are welcome to participate in this program. Discounted rates will be offered to full-time City employees & one family member.

Sign up <https://reg.usafit.com/forms/form.php?fid=405>.  
Questions? Contact Solers Fit @ 210-663-8908  
or [wellness@sanantonio.gov](mailto:wellness@sanantonio.gov)



Looking for ways to add variety to your exercise plan while taking your fitness to the next level? High-intensity interval training (HIIT) is a cardio respiratory training technique

that alternates brief speed & recovery intervals to increase the overall intensity of your workout.

**How Does it Work?** Most endurance workouts (walking, running, stair-climbing) are performed at a moderate intensity, or an exertion level of 5-6 on a scale of 0-10. High-intensity intervals are done at an exertion level of 7 or higher, & are typically sustained for 30 seconds to 3 minutes, although they can be as short as 8-10 seconds or as long as 5 minutes; the higher the intensity, the shorter the speed interval. Recovery intervals are equal to or longer than the speed intervals.

## What are the Benefits of HIIT?

- Significantly increased aerobic & anaerobic fitness
- Decreased fasting insulin/increased insulin sensitivity
- Reduced abdominal & subcutaneous fat

By including HIIT in your exercise plan, you can realize remarkable results in a short amount of time.

**Is it Safe?** HIIT exercise brings a higher risk of musculoskeletal injury & cardiac events. However, under clinical supervision, subjects with heart disease & congestive heart failure were able to tolerate high-intensity intervals without negative effects. Most importantly, they experienced bigger improvements in cardiovascular function compared to those undergoing continuous moderate-intensity training. HIIT may or may not be safe for you. Check with your health care provider before adding it to your exercise plan.

## Sample HIIT Workout:

Choose an aerobic exercise, like stationary bicycling. Warm up for 5 minutes, & perform 3-4 alternating speed & recovery intervals. Finish with an easy cool down. HIIT protocols vary widely. There's no one best single way to structure them. Experiment with shorter & longer speed & recovery intervals to find what works best for you. Gradually work up to 8-10 or more speed intervals, depending on your fitness goals. Keep in mind that the most common mistake made with interval training is making the recovery intervals too short.

Time	Interval	Exertion Level (0-10)
5 min.	Warm-up	3-4
1 min.	Speed	7-9
2 min.	Recovery	5-6
1 min.	Speed	7-9
2 min.	Recovery	5-6
1 min.	Speed	7-9
2 min.	Recovery	5-6
1 min.	Speed	7-9
2 min.	Recovery	5-6
5 min	Cool-down	3-4
<b>22 min. Total Time</b>		
<b>(4 min. total speed)</b>		

- The American Council on Exercise -

## Upcoming Educational Sessions for UV Safety Month

### "Fun Ways to Stay Hydrated"

Presented by Lorena Kaplan, RD, HEB  
7/17, 11:30am-12:30pm @ Municipal Plaza

### "Sun Safety"

Presented by Rene Urteaga, UHC Health Coach  
7/15, 6:45-7:30am @ Callaghan Service Center

Presented by Jenny Cavazos, UHC Health Coach  
7/22, 7:00-8:00am @ Northwest Service Center

