

PeakLife SA

M A G A Z I N E

San Antonio Mayor Julian Castro Leads The City To Health

Eating Healthy
On The Go

Get Inspired With
A SA Success Story

PREMIERE EDITION

SUMMERTIME: FUN TIME



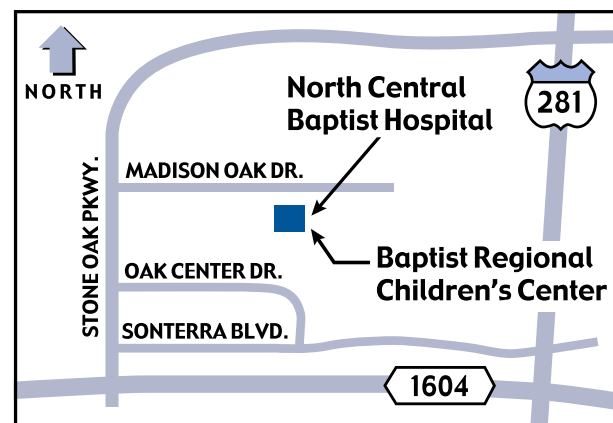
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MAGAZINE

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Cover Story

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On The Cover

Mayor Julian Castro and city leaders take a spin on the new San Antonio B-Cycle bikes. Shown here: Mayor Castro with Cindi Snell, the Executive Director of San Antonio Bike Share and Shokare Nakpodia of The Mighty Group. For more information, visit www.sanantonio.bcycle.com.

Do you always look on the bright side of life? According to a longitudinal study by the Mayo Clinic, individuals who have an optimistic view of the world lived approximately 12 years longer than those with a pessimistic outlook. Do yourself a favor and take a moment today to count your blessings.

Letter from the Editor

Welcome to the premiere edition of *PeakLife SA!* This magazine is about educating and inspiring YOU to discover your Peak Life. If you are looking for advice from Dr. Oz or famous fitness gurus, you won't find it here. This is a magazine for San Antonio by local experts who are walking the wellness walk and want to help you to do the same.



So, why start a wellness magazine in San Antonio, you ask? As a writer, a mother and a person on my own journey towards peak health, I was shocked to read that Centrum and Sperling's Best Place recently ranked San Antonio as one of the ten least healthy cities to live in the U.S. in the categories of mental health, lifestyle, activity, health and diet and overall well-being. It begs the question "Why?" Why should San Antonio rank so low; whereas our nearest large city, Austin, scored in the top ten healthiest cities? San Antonio has gorgeous parks, spacious gyms and plenty of beautiful places to walk, bike, run and dance. With so many fantastic resources, why are our health scores so poor?

I sat down with Mayor Castro to talk about his personal wellness journey and his vision to transform the health of local residents. Magazine contributors met with local businesses and individuals, like Missy Mesquiti, a working mom of two who made a commitment to fitness and transformed her life. The inaugural issue of *PeakLife SA* is focused on transformation. What can we do to create a culture of health?

In short, this magazine is our love letter to San Antonio. As individuals, change may seem overwhelming, but working together we can Get SA Healthy!! There is a Chinese proverb which states, "To get through the hardest journey we need take only one step at a time, but we must keep on stepping." My hope is that you will be inspired by these pages to take one step towards living your Peak Life. You will be amazed at how your small step encourages others, and so on and so on....

Let's get SA healthy!

Dianne

Thank you!

They say it takes a village to raise a child; try launching a magazine! We could not have succeeded in publishing the inaugural issue if it were not for the help of many people. A very special thanks to:

Mayor Julian Castro, San Antonio Express-News, Kimberly Richardson, Jaime Castillo, Manoj Mate, Elizabeth Delgado-Luna, Metro Health, Valerie Okunami, Stephanie Malone, Rick Martinez, Josh Baugh, Phil Glover, The Mighty Group, Sophie Cruz,

Jennifer Meachum, Theresa Mouton, Stephanie Porter, Joan and Jack Scheider, Donna Hawkins, Debbie Hesse, Victor Neville.

We also owe a big Thank You to all of our advertisers who made this magazine possible. Please let them know you saw their ad in *PeakLife SA*. They are: Airrosti Rehab Centers, Alamo CrossFit, Auden's Kitchen, Next Generation Water, North Central Baptist Hospital, R+R Fitness, and SA Metro Health.

Meet The Staff

Dianne Glover, MPH,
Publisher and Editor-in-Chief

Dianne has had an eclectic career. She has been a stage and television actress, a certified aerobics instructor, a certified Wellness Coach and featured columnist for CAPG Health magazine. She received her MPH from University of California Los Angeles (UCLA).

Kymerly Richardson,
Director of Sales

Kymerly has been a successful advertising sales executive for over 10 years. The mission of *PeakLife SA* inspired her to get involved in the health and wellness industry on a personal and professional level. Her intention is to inspire the people in beautiful SA to embrace a healthy lifestyle.



Robin Jerstad,
Cover Photographer

Robin Jerstad has spent over 20 years as a photographer for prominent newspapers, Reuters News Pictures and theUnitedPress International. He currently specializes in corporate, editorial and portraiture photography. www.JerstadPhoto.com



Valerie Okunami,
Production Director

Valerie has spent over 20 years in advertising and marketing as an agent and consultant to a wide variety of businesses in Northern California. Her specialty is publishing and she works with companies in the health and medical industries. She is also a certified yoga instructor and owns a successful workplace yoga business.



Eating Healthy On The Go



By Heather J. King, RD, Director of Health Risk Management at Lockton Companies

San Antonio is a city on the go. And with that, there is no time for dinner at home. Typically, it's a quick drive-thru for lunch, and delivery guys hitting the highway at record speeds. Eating on the run doesn't mean you have to give up healthy eating and a fit body.

Try these simple tips to keep your healthy eating in check.

Plan it out

Plan your meals a week in advance. Nothing will set you up for another meal out like not having your lunch or dinner planned. Having a plan will organize your shopping and help you have healthy choices available every day. Even if your week is overloaded, don't think you have to cook gourmet meals each day. A quick and easy veggie omelet, sliced turkey, spinach and avocado Panini on wheat, chicken on the grill, or an overloaded salad are all throw together meals that still make the grade.

Maneuver the Menu

Know your way through the menu. Look for baked, grilled, broiled, and steamed proteins and veggies. Read the menu descriptions. Most restaurants can prepare items to your specifications, substitute extra veggies or

side salads for starchy sides, or give recommendations on their healthiest fare.

Healthy Starters

When eating out, start your meal with a broth-based soup, a colorful tossed salad, a fresh fruit cup or some raw vegetables. It will help you take the edge off your hunger and add some low-calorie nutrition before the main meal arrives.

Portion your Plate

Control your portion sizes. Restaurants serve enormous portions. The more food staring back at you, the more you are likely to eat. Split a meal, order from the child's menu or ask for a container and take half to go. Out of sight, out of mind really works.

Savor the flavor

Eat slowly, enjoy your food, and stop when you are comfortable. No matter what food you choose to indulge in whether one of your favorite splurges or a healthy treat, listen to your body cues. Eat when you are hungry, stop when you are full, and push away from the plate.

On the side, please

Ask for dressings, sauces, and gravies on the side. Many times you will find your food tastes wonderful without swimming in sauces. If you use them, use sparingly.

Sub for savings

Try some simple substitutions—mustard for mayonnaise, a wheat bun instead of white, corn tortillas for flour, grilled chicken for beef, or broth instead of a

cream-based soup. Little changes can lead to big savings.

Seek out the best of the fresh

Look for restaurants that pride themselves on fresh ingredients, homemade dishes, and healthy cooking techniques. Health food restaurants of old have gone by the wayside—today's fare has flavor, fresh herbs, and new food items that will tempt your palate. Give it a try.

Here are a few of my favorites at some local hot spots:

Aldaco's--Cocktail de Camaron

Café Vida--Chopped BBQ Chicken Salad or the Steamed Vegetable & Chicken Plate

Green Vegetarian Cuisine--Green Veggie Burger or Greek Salad

La Gloria--Tacos al Pastor or Pescado Zarandeado

La Hacienda de los Barrios--Vegetarian Fajitas or Tortilla Soup

Paesano's--Special Salad with Grilled Shrimp (Dressing on the side)

The Cove--Fish Tacos

Twin Sisters--Turkey Burger



- **June 24th Challenge Fit Family Olympic Day** 6:30-9:30pm San Antonio Silver Stars AT&T Center. For more information. www.fitfamilychallenge.org.
- **July 7th Radiant Skin at Any Age** 7:00-8:30 pm Next Generation Water in The Vineyard Shopping Center. Come learn about the all-natural chemical-free, local Gourmet Body Treats line of skin and cosmetic products. For more information call 210-408-9270 see ad below.
- **July 13th Fit Family Challenge Boot Camp** 5:30 -6:30 pm Millers Pond Community Center. For more information, visit www.fitfamilychallenge.org.
- **July 14th Cancer Therapy & Research Center** 6:00pm-7:30pm. Fourth floor Grossman Bldg.-Mabee Conference room. Dr. Thompson and others discuss Strength of Spirit in Overcoming Cancer. For more information call 210-450-1152.
- **July 23rd Grandfamilies Day Fitness Fest** 10:00-12:00pm Elvira Cisneros Senior Community Center by

- Wellmed. www.fitfamilychallenge.org.
- **July 27th Next Generation Water in The Vineyard Shopping Center presents:**
Wellness Cinema: Burzynski, The Movie: Cancer is Serious Business 7:00 to 9:00 pm Dr. Stanislaw Burzynski won the largest, and possibly the most convoluted and intriguing legal battle against the Food & Drug Administration in American history. FREE admission. For more information call 210-408-9270 (see ad below).
- **Aug 7th Family Fun Day** 5:30-6:30 pm Sky Harbour Elementary Gym. www.fitfamilychallenge.org.
- **Aug. 11th Cancer Therapy & Research Center** 6:00-7:30 pm Fourth floor Grossman Bldg.-Mabee Conference Room. Dr. Amelie Ramirez will discuss: What Every Latino Man and Woman Needs to Know About Cancer. For more information, call 210-450-1152.
- **Aug 13th North Central Baptist Hospital 6th Annual Summer Celebra-**

- tion** 9:00 am-12:00 pm. Free to the Community. Call 210-297-7005 See ad on pg 2.
- **August 23 Water Awareness Presentation** - 6:30--7:30 pm
Is your drinking water alkaline, antioxidant & micro-clustered? Come learn what these three properties of water can mean for your health. Bring your favorite drinking water to analyze. FREE. Next Generation Water 210-408-9270. www.NextGenerationWater.com.
- **Aug 25th-28th Healing Touch Worldwide Conference** 3 day event located at the Grand Hyatt Hotel. For more information, call 210-497-5529.
- **Sept. 24th San Antonio Walk for Polycystic Kidney Disease** 7:30am registration 9:15am walk begins. Brackenridge Park – Joske Pavillion. For more information, go to www.sanantoniowalk@pkdcure.org.

To include your event in the Fall issue of *PeakLife SA*, e-mail: kym@peaklifewellness.com.

San Antonio Mayor Julian Castro Leads The City To Health

By Dianne Glover, MPH



Mayor Julian Castro

PeakLife SA's Editor, Dianne Glover, MPH, sat down with the newly re-elected Mayor of San Antonio, Julian Castro, to discuss his personal health practices, as well as his vision to get SA healthy.

Tell me about growing up in San Antonio. Was health and fitness a priority for your family?

Being active was a priority. My brother and I were always involved in sports. We did everything from karate to tennis growing up, and we played basketball hoops outside on the curb after school. Then later in high school, my brother and I played doubles tennis together. We were very active, but we were not good at watching what we ate. We had a terrible diet growing up. In high school, my brother and I would go to school in the morning, pop a couple of quarters and get a soda, then go to the cafeteria for breakfast and get a donut. That was the normal routine.

More recently, I have made some big changes. Currently, I run 3-4 times a

week on a treadmill. I cut out regular soda in 2005, then diet soda in 2009. These days, I try to watch what I eat.

As a father, what do you hope to teach your daughter about living healthy?

My wife and I try to get her to be active, play and enjoy herself. Also, we watch what she eats and avoid candy or things that are too sugary. We give her water or lower sugar juice. My hope is that she'll be very physically active growing up—in sports or dance or whatever she chooses. I want her to maintain good habits in terms of being active and watching what she eats throughout her life.

You mentioned that your dietary habits have changed in recent years? What was your wake-up call?

My brother and I grew up living primarily with my mother and my grandmother. My mother has diabetes. And in 1996, my grandmother passed away due to complications from diabetes. She had been diabetic for many years and didn't watch it very well. Towards the end of her life, she had part of one of her legs amputated. I remember thinking at the time that it was no way for a person to spend her final days. I definitely don't want to experience the same fate. Diabetes runs in families. What I want for myself and my daughter is to avoid that by being physically fit. I recognize, like a lot of other people, that as you get older you have to be more responsible.

The diabetes rate in San Antonio is really, very high.

Yes, I believe it is twice the national average.

What do you hope to do to combat that statistic?

We are attacking health and fitness on all levels. The goal is to help inculcate a fitness culture in San Antonio. For example, we are putting salad bars in schools so that kids can make healthier choices. We are doing a media

and a social media campaign as part of the Mayor's Fitness Council, called "Find your Balance," where folks can take small steps like walking every night or substituting water for soda. There are so many little things people can do to change their behavior and hopefully, lead healthier lives.

We want to make it more convenient for San Antonians to exercise. We have a Fitness in the Park initiative at twelve different parks where they offer free Zumba, yoga, boot camp and other classes. And we recently installed more fitness equipment in several of our parks.

You mentioned the Mayor's Fitness Council which you started last year. What motivated you to create this Council and what was their charge?

I was motivated by the fact that it will take a large-scale effort to effectuate change in the community. The Mayor's Fitness Council has folks from different walks of life; it has not just fitness buffs, but business people and other locals. Their charge is to help generate the policies and activities to bring about a fitness culture in San Antonio.

Not an easy task.

No, not at all. It is going to take years to accomplish what we want.

What do you think is the biggest public health threat facing SA?

The biggest threat is the obesity rate in the city. It is a lead-in to many other things—stroke, diabetes, heart attack, hypertension.





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In SA 2020, you outlined the vision of where you want the city to be by 2020. Part of this vision is to reduce the childhood obesity rate by 25%. What's the first step towards achieving that goal?

The first step is to provide knowledge and choices for parents. Knowledge about what is healthy for their children, so that they can get into the habit of serving healthy foods and helping their children make better choices. Then, we need to give parents and young people healthy choices. That's the idea behind offering salad bars in schools.

I'm impressed by the vast array of initiatives in the city that focus on health and wellness. You mentioned salad bars, the Find Your Balance campaign and the Fitness in the Park workouts. What is coming next?

We are looking for some large-scale events in the city to get more people involved in activities. The outline of that is already out there. We are looking for large-scale participation in a simple thing—whether that is asking everyone to take a certain amount

of steps per day or asking people to substitute water for soda. We want to get people engaged in taking small steps towards healthier living.

PeakLife SA magazine is about motivating and educating the people of San Antonio to make healthier lifestyle choices. Any final words of inspiration?

I would say that your health is the most precious asset you have. It doesn't matter how rich you are, if you don't have your health you can't enjoy it. I would encourage folks to put as much effort into being healthy as they put into accomplishing any goal. It's important to know that small steps do add up to bigger ones. Start small. If one individual will take the initiative to change his or her own life, and as a community we can encourage many people to do that, then in

2020 as a city, we will meet our mark.

Beautifully stated. Thank you so much for your time today.



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Five Questions To Take The "Pain" Out Of Finding The Right Doctor For Your Aches And Pains



By, Dr. Jason Garrett, Vice President, Training & Treatment Standards, Airrosti Rehab Centers

In today's complicated healthcare environment, choosing the right doctor can be a difficult, tedious and often frustrating process. With the multitude of clinical providers and specialties, it can be challenging to narrow the field and find a provider with the right mix of specialized training, specific expertise and commitment to patient care and satisfaction.

Finding the right provider can be especially challenging when soft tissue injuries and joint pain are present. Because, although there are certainly agreed upon clinical guidelines for evaluation, testing, and imaging throughout the healthcare industry, these guidelines are not widely followed. Many physicians are overworked and overscheduled, unable to devote the one-on-one time with each patient necessary to fully evaluate and accurately diagnose the source of pain or injury. Others are simply not current on the latest evidence in musculoskeletal best practices and standardized clinical guidelines.

The result can lead to an overprescription of pharmaceuticals, costly imaging, diagnostic tests and even premature surgeries. Additionally, without proper diagnosis and treatment, many conditions are never fully resolved - leading to a lifetime of

chronic pain and reoccurring injuries.

EVALUATING YOUR PROVIDER:

The 5 Ts of Exceptional Musculoskeletal Care

Since many people lack a framework to even begin to discuss these issues with their healthcare provider, a set of questions is being provided here to help. These can serve as a starting point for a productive dialogue with your doctor when it comes to common aches, pains, and injuries.

1. TIME: Does the provider spend an adequate amount of time gathering pertinent information to decipher the true nature of the injury and establish a tailored treatment plan?

2. TESTING: Is the provider an expert at utilizing current clinical guidelines for non-invasive, functional, orthopedic, and neurological testing? Are these used during the evaluation process to render a clear and accurate diagnosis?

3. TREATMENT: Does the provider have knowledge of the current evidence-based clinical guidelines? Is he or she diligent in the application of these procedures throughout the treatment process?

Does he/she recommend the safest and most conservative treatment options be explored before moving on to more dangerous, invasive, and costly procedures?

Does your medical provider work in an integrative and inter-disciplinary environment that allows for the full spectrum of treatment options appropriate for your injury?

4. TRACKING: Does the provider diligently track clinical outcomes to ensure quality treatment and document success rates from every case? Does the provider allow access to

these results to both the patient and the public?

5. TRAINING: Has the provider completed additional post-doctoral training in musculoskeletal conditions through certifications, residency, or fellowship training to remain knowledgeable about the most current developments in treatment protocols?

Due to the complex nature of musculoskeletal injuries, a thorough and time appropriate examination by a medical professional is necessary to ascertain the true cause of the pain as well as other contributing factors. Evaluating your provider according to the 5 Ts listed above will help ensure your doctor will utilize necessary and appropriate treatment options to get you back on the road to recovery—quickly and safely.



Dr. Jason Garrett graduated Summa Cum Laude as Valedictorian of Texas Chiropractic College after completing his Biology degree with Honors from Coastal Carolina University. After developing multiple practices in Houston and San Antonio, Dr. Garrett moved into his current role where he trains new Airrosti Certified Providers and ensures adherence to best practices and clinical guidelines across all Airrosti practices throughout Texas and Oklahoma. To learn more visit www.Airrosti.com, call (800) 404-6050 or e-mail info@airrosti.com.

The Importance Of Wearing The Right Shoes



By Michele Allen, owner of the San Antonio-based running store, Run On!

By shopping at a running specialty store your chances of finding a comfortable, quality shoe greatly increase. Getting fitted for the proper shoe for your foot type makes a BIG difference. Did you know that there are different kinds of running shoes made to accommodate your biomechanics? One of the first things to do, even before you go to the running store, is to track your footprints with the wet foot test. Wet your foot and then step onto a flat surface. If you have a flat foot you will leave a flat, complete footprint. If your footprint appears almost severed in half so that no footprint from your arch is seen, then you have a high arch. A "normal" footprint is somewhere in between. From there we can start looking at the best shoe for you. There are three general types of running shoes. Finding the right shoe for you can make you a more efficient runner with happy, healthy feet.

Motion control shoes:

Recommended for runners with low arches who are moderate to severe over pronators (pronation is an inward roll of the foot after hitting the ground) and who need maximum rear-foot control and extra support on the medial (arch) side of their shoes.

They are also best suited for bigger runners who need plenty of support and durability.

Stability shoes:

Recommended for runners who are mild to moderate overpronators and who generally have low to normal arches. These runners tend to need a shoe with a combination of good support and midsole cushioning.

Cushioned (neutral) shoes:

Recommended for runners who need maximum midsole cushioning and minimum medial support. These shoes are best for biomechanically efficient runners (minimum pronation) and midfoot or forefoot strikers with high or normal arches.

Other shoe categories include:

Performance Training, Spikes, Racing and Trail specialty shoes.

Other tips for your successful shoe fitting:

- Bring your old shoes
- Bring orthotics, if you use them
- Have your feet measured
- Wear socks the same thickness of the socks you will wear when you run
- Later in the day or after exercise is best time to go through fitting
- Try on several pairs of shoes
- With any shoe used for any activity requiring you to be on your feet



for a long time (running, walking, standing), add ½ to full size in length to accommodate swelling.

- Be open to different lacing techniques to improve fit of shoes
- Expect process to take at least 10 minutes

Now that you have good shoes, how about some motivation to get you up and out the door?

Running is a simple sport; it doesn't require much more than a good pair of running shoes, and a little motivation. However, I will be the first to admit that getting motivated to run isn't always easy. Here are some tips to help you get out the door:

1. **Choose a fun route.** Go some place that you will look forward to, such as McAllister Park or Salado Creek greenway.
2. **Mix up your workouts.** Add a few fast pickups or hill repeats to keep it interesting.
3. **Get up early.** Go for your run before any excuses can come up during the day.
4. **Run with friends or join a group.** It's easy to cancel your own run if you are tired, but not as easy to let down a friend or coach.
5. **Keep a training log.** Write down your mileage for each day. It's hard to look at a week of zeros.
6. **Think about how good you'll feel.** You are doing something good for yourself! Enjoy it!

Places to run in and nearby San Antonio, TX:

- McAllister Park
- Eisenhower Park
- Riverwalk
- Woodlawn Lake
- Brackenridge Park
- Mission Trail
- Government Canyon

Run On! San Antonio offers a free Social Run every Wednesday evening at 6pm and training classes for runners of all levels. Other resources in San Antonio include:

San Antonio Road Runners - <http://www.saroadrunners.com/>

Running Groups in San Antonio - <http://www.sanantoniorunninggroups.com/>

Michele Allen, along with her husband Mitch, own Run On! San Antonio, a running retail store. Both have been running and racing for 30 years and are RRCA certified coaches. E-mail Michele at michele@runontexas.com. To learn more about Run On! San Antonio visit www.runonsanantonio.com.

Want to lose weight while you are sleeping? (No, we are not going to pitch the latest "miracle" diet drug.) The true magic pill is weight training. For every one pound of lean muscle mass you create, your body will burn approximately 100 extra calories per day. (Your muscles are much better at chowing down on those calories than your fat.) Focus on proactively building muscle and say bye-bye to those extra pounds!

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Missy, Alamo CrossFit member



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SA Success Story!



Rick Martinez, RN, owner of Alamo CrossFit sits down with Melissa (Missy) Mesquiti, 36, a working mom of two young girls who joined Alamo CrossFit in February 2010. Since that time Missy has changed in a variety of ways...from her physical appearance to her mental outlook.

Rick: Tell me about your background in sports and fitness.

Missy: It was not until my mid 20's that my husband encouraged me to be more active. We played flag football, volleyball and participated in an occasional 5k or 10k. I thought that since I did not participate in sports as a child that it was too late for me as an adult to learn. But I was always in AWE of those who did and wanted so bad to be a part of what they were doing.

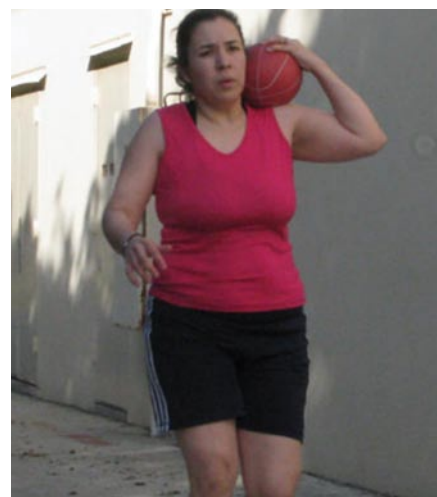
Rick: How did you first get exposed to CrossFit? Then take us back to your first WOD (workout of the day)...what was it?

Missy: I checked out the website and was instantly intimidated and I honestly said there is NO WAY I would be able to do what these people are doing. So I did what I always do, when someone, (including myself) says that I can't do something, I do it! I called to make an appointment for my assessment. When I walked in, I found all these people in shape, smiling, laughing and making comments on how bad this WOD was going to be. I had no clue what a WOD was, but it seemed to me that I did not want any part of it. I felt so out of place,

but then you came up to me all smiles, introduced yourself and explained what CrossFit is and why it works. During the entire time, all I heard was "Keep it up," "You're doing good." "Don't stop now- you're almost done." I have never worked that hard in my entire life. I was left breathless and feeling so out of shape. I asked "How many times a week does a normal person do this?" and you replied "it varies from 3 to 6 x a week; some people come twice a day. It all depends on what you want out of it." That struck a cord with me, "what you want out of it."

Rick: What was your CrossFit "a-ha" moment?

Missy: "My "a-ha" moment was in a Friday 5:30pm class. I stood before the white board I saw box jumps; wall balls and Push press 55lbs. This did not look or sound good, but the coach was all excited about it and all grins. As he went on to explain the WOD, I was having my normal mental block kick in. I knew that I was going to have to step it up. I have been doing this for a few months and it was now or never for me to step it up. I started with the box jump. I began to step up and decided to jump, I did it. Then I went to wall balls, I did them slowly but I got it done. Then for the hard part the PUSH -PRESS 55lbs. I did one, then another then another then another - I was in the zone. I now know why the coach was so excited. I GOT IT! Everything clicked for me. I can do this. I can start, and complete this WOD. The feeling was so much more than just satisfaction it was like finding something new about me that I never would have thought I could do. From that day on nothing seemed to be too hard or too difficult to attempt, and this was not



just in my workout but in all parts of my life. I think that was the most amazing part of this transformation ... not transformation but a rebirth. That WOD gave me the courage and confidence I thought was lacking in my life.

Rick: What sort of changes in your life have you experienced out of taking on something like CrossFit that were totally unexpected?

Missy: The first thing that was a total shocker and much unexpected was how I began to participate in LIFE more. I welcome challenges not just in CrossFit but in my work environment. My overall physical appearance has changed but that is just a bonus compared to how my life has changed. I truly feel like I am living life, not just going through the motions.

Rick: Any advice for people just getting started in fitness?

Missy: YES. Do not feel intimidated. You are not there for anyone else but yourself. Everyone started where you are starting. It all comes down to this, "what you want out of it?" ...

Rick: Thank you, Missy. You are an inspiration.

For more information about San Antonio's ONLY school of fitness-call (210) 468-1829, e-mail info@alamoCrossFit.com or visit www.alamoCrossFit.com.

Have you transformed your body, mind or finances? If so, PeakLife SA would love to hear your success story! If you are interested in being featured in an upcoming issue, please contact dianne@peaklifewellness.com.



San Antonio Equips Residents With Resources To Get Healthy In The Alamo City



By Elizabeth Delgado-Luna, Media and Marketing Liaison, Communities Putting Prevention to Work, San Antonio Metropolitan Health District

"Find your Balance – for your health, your family, your future" is the campaign slogan for the City's new health initiative as part of the \$15.6 m Communities Putting Prevention to Work grant.

"We are striving to help change the picture of health and wellness in our community," says Elizabeth Luna, media and marketing liaison for the Health Department. "Departments from across the city, the Mayor's Fitness Council, numerous community leaders, the health and academic community are all contributing their time, talents, and resources to make the necessary policy and systems and to build environmental changes San Antonio needs."

"We are accomplishing this by implementing numerous initiatives with the help of all those involved who are committed to improving the health of our city," said Maggie Thompson, program manager for the Health Department. "The efforts touch upon physical activity, nutrition, environment and a social media and marketing campaign to increase awareness and inspire action."

Getting active and healthier in San Antonio is easier than you think. So come out and experience any one of these opportunities – to find your balance – for your health, your family, your future. Here are details about some of the city's physical activity initiatives:



B-Cycle Bike Share Program is an exciting and innovative new program in San Antonio, Bike Share offers residents and tourists the ability to rent a bicycle for a nominal fee. With 14 bike rental kiosks throughout downtown San Antonio, riders can explore the downtown area while getting their exercise and helping the environment by not driving a motorized vehicle. **In the first month of operation, Bike Share logged 569 members; over 1,000 bike rentals; and sold 595 day passes. Users traveled 11,037 miles over 2,766 trips; burned 5,120 calories and off set 12,325 lbs of carbon.**

Neighborhood-based physical activity groups provide increased access and support for physical activity around Bexar County through numerous opportunities including the Fitness in the Parks program



and neighborhood walking groups.

Fitness in the Parks is a sustainable program to offer free fitness classes in each council district in city parks. **In April 2011, over 107 free exercise classes were offered within districts across the city; impacting over 1,070 residents. The series of classes began in February 2011 and will run through May 2011. After a summer break, classes will resume in the Fall of 2011.**

Outdoor fitness stations in parks and libraries. 27 outdoor fitness stations are being placed throughout Bexar County in area public parks and libraries.

Neighborhood walking groups based in our communities will offer support, visibility, and increased access to physical activity. The walking groups will be promoted and sustained

through a partnership with the Alamo Community College system. Kinesiology students will recruit and train walking group leaders across the city, with an emphasis in health disparity areas. The walking group program will be incorporated into the kinesiology/health promotion curriculum. Walking group leaders will establish online groups with group and meeting information using the www.sabalance.org web portal.



Ride to Own initiatives also increase access to physical activity and impact social norms. Residents in target health disparities areas can attend bike safety classes and participate in bicycle activities in order to earn a bike of their own. CPPW will distribute 1,300 bikes by the grant's end through a mix of public and private partners.

Shared Use agreements are being developed with the San Antonio Housing Authority and other local partners to improve physical activity resources such as trails for bicycles and walking for the entire community, including non-SAHA residents.

Ciclovia/Reclovia is a community-wide event that aims to increase access to physical activity and to impact positive norms about physical activity by opening streets to vulnerable users and closing them to motorized vehicles. Various areas along the ciclovia route will also stage a variety of physical activities, such as Zumba, yoga, and boot camps. San Antonio cicloviás will launch in Fall 2011.

Active Living Council (ALC) brings together representatives from 11 societal sectors to create a 3-5 year master plan for active living and make at least two policy recommendations that will help reduce sedentary behaviors and increase physical activity. The ALC will provide a forum for active living issues, promote coordination among various sectors that impact active living, help improve access to places and programs for physical activity and promote policies related to increasing active living.

Want to find out more information about these and other initiatives to get SA healthy? Visit www.sabalance.org. This website will be the future one stop resource for all information on health, wellness and physical activity in San Antonio. Information to engage our community will be available in coming updates, enabling users to work with interactive maps to locate fitness activities, log their progress, and make pledges with others residents to commit to improving their health. You can also Find your Balance on Facebook (www.facebook.com/sabalance) where you can find timely information and schedules for our initiatives along with resident commentary.

Elizabeth Delgado-Luna can be reached

at elizabeth.luna@sanantonio.gov.

Elizabeth Delgado-Luna is the Media and Marketing Liaison for the City of San Antonio Metropolitan Health District's (Metro Health) Communities Putting Prevention to Work (CPPW) grant.

In her efforts to combat obesity, Luna works collaboratively with local media agencies, the Mayor's Fitness Council, various city departments and with community partners to promote the "Find your Balance – for your health, your family, your future" message.

She has been instrumental in securing local, state, and national media coverage for CPPW's initiatives exceeding over 15 million media impressions. In addition, Luna is the creator, producer, and hostess of the TVSA show, "Find Your Balance," and serves as the primary English and Spanish-language spokesperson for CPPW.

PeakLife SA

What's next in PeakLife SA?

Fall 2011—Healthy Kids issue

Winter 2012—Corporate Wellness programs

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