

PeakLife SA

M A G A Z I N E

Olympic Fencer Dr. Stacey Johnson

Mayor's Fitness
Council: Building
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Stacey Johnson, Age 20

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In This Issue:

On the Cover

Dr. Stacey Johnson.....5



Letter From Editor.....4

Newsbriefs.....7

Calendar of Events.....13

Department:

Fitness:

Mayor's Fitness Council: Building a Healthy SA.....8

Show Us Your Laces, San Antonio!.....18

Health:

Preventive Care – Are You Up To Date?.....10



Healthy Aging Tips from SA's City Manager.....11

So Many Choices16

Want to Make a Change? Find a Coach.....21

Success Story:

SA Success Story Jack Alexander.....12

Congratulations, SA!

The city was recently ranked the 25th fittest city in the March issue of *Men's Fitness* magazine's Fit City list. This is the first time San Antonio makes the Fit City list after previously having been on the least fit cities list. Way to go, SA!

Letter from the Editor



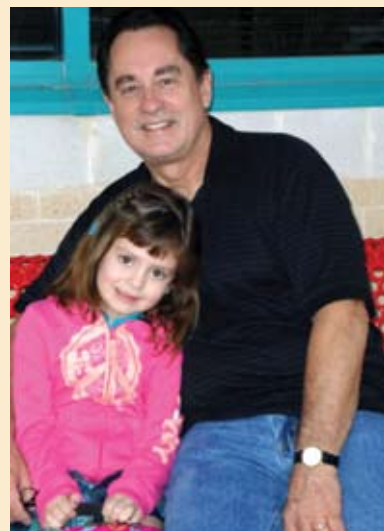
According to the US Census, 78 million Americans began turning 65 years old last year (one every 10 seconds). These "Baby Boomers" (born between 1946 and 1964) make up approximately 26.1% of the population and the vast majority have at least one chronic health problem. For this generation and the ones to follow, being proactive about healthcare is imperative.

My role model for aging gracefully (and my favorite Boomer) is my husband, Phil. At 63 (yes, I will pause for the gasp as you see his

photo), Phil has taught me that age starts with your belief system. He has an abundance of energy, speaks multiple languages and loves to travel. He is constantly expanding his mind by trying new things. At 61, he started pursuing his pilot's license. At 62, he competed in his first triathlon. Phil lives to challenge the status quo in both his personal and professional life. I believe that his mental acuity and drive to try new things, keeps him strong and youthful.

After working on this issue, I have another mentor in the arena of aging gracefully. I was privileged to meet Olympic fencer, Dr. Stacey Johnson who graces our cover. At 56, Stacey looks fantastic and has a kind spirit that radiates from her core. I believe it is her deep driving desire to help others and give back to the community that keeps her so youthful and vibrant.

In this issue, you will also find information about keeping yourself healthy at any age. City Manager and marathon runner, Sheryl Sculley shares with us her tips for staying active. You'll also find articles about the Mayor's Fitness



Phil Glover with daughter, Katie

Council, another inspiring success story, new briefs and more!

Eleanor Roosevelt once said, "I could not, at any age, be content to take my place in a corner by the fireside and simply look on." May you stay active and grow healthier with each passing year!

Let's Get SA Healthy!

Dianne

Dianne Glover, Publisher
PeakLife SA Magazine

Local Olympian Shares Her Story



Dr. Stacey Johnson currently works out with Dr. Charles Christian at Inside Outside Wellness. (photo by Scott Smith)

PeakLife SA Magazine's Publisher, Dianne Glover, sat down with Olympic Fencer Stacey Johnson, EdD, to discuss growing up as an athlete and life in San Antonio today.

What attracted you to fencing?

My father bought me a horse when I was very young, and I rode horses quite a bit. Through riding, I discovered a sport called modern pentathlon, in which athletes compete in pistol shooting, fencing, show jumping, swimming and running. I watched a tournament when I was 11. I was intrigued by fencing and started taking lessons. Fortunately, I studied with a wonderful fencing master, Gerald Poujardieu. At first, I wasn't very good. My foil had always been in my right hand, and one day, he said, "You couldn't be any worse; I'm going to put it in your left hand." So, he put the foil in my left hand, and bang — it all clicked. I had been to Catholic

school and was always told to write with my right hand. My right hand probably wasn't my dominant hand, so fencing helped to unlock my brain and my creativity.

And did you know at that time that fencing was your sport?

When I was 15, I knew that I wanted to be really good at something and horses were too expensive. My parents were divorced and money was scarce. Fencing was a sport that I knew if I excelled, I might be able to secure a scholarship to college.

That is exactly what happened and it was serendipitous that when I went to San Jose State University, I was fortunate enough to earn one of the very first Title IX scholarships for

women. (Editor's note: Title IX was a law enacted in 1972 which states: "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance..." This law opened the door for women to receive athletic scholarships in parity with men.) Title IX had a profound impact on me. It allowed me to go to college and to pay for higher education in my life.

I'm a 1980 Olympian. As you recall, those were the Moscow Olympics where President Carter decided to boycott the Olympics because of the invasion of Afghanistan by the Russians. The U.S. Olympic Committee made the decision in support of the government that the athletes were not going to compete at the Games. I became involved as an athlete's representative and spoke across the country against the USOC and the government's decision to boycott. But it was through this painful experience that I

became very engaged in the administration of sport. The silver lining was that I became very knowledgeable about the Olympic movement, and I became a zealot for athletes' rights. Eventually this led to my involvement in the U.S. Fencing Association and my service as president. During my time as president we were able to obtain equity for women in our sport and Mariel Zagunus and Sada Jacobson won gold and bronze medals respectively in the Athen's Olympic Games, an accomplishment in which I am very proud to have helped support.

What was that experience like for you?

Truly, the spirit of the Olympic Games is one of peace. It is a wonderful time when the world comes together. Historically, the idea was that even if countries were at war, they would temporarily lay down their arms and join together in an international celebration of competition. The Olympics allow us to see the best in competition that the world offers. It also allows for other opportunities of good sportsmanship and one of simple participation. That's the spirit of the Olympic movement: this ideal of peace and of competitive excellence and performance.

What skills did you learn as a young athlete that still serve you well today?

Some of the things that I learned include mental and physical preparation, working in teams, setting goals and trying to maintain balance through it all. In fencing, you compete on a specified zone or a strip. It's based on the idea that if you are fighting on a cliff, you have to face your opponent; you can't avoid the opponent. So, whatever are your mental fears or your technical weaknesses they are sure to arise. Your weaknesses have to be overcome. So you must discover what they are and address them, improve them, deal with them. This is an important skill to apply to work and to life in general. It is good to work on strengthening your weak points while at the same time learning to lead with your stronger aspects. Sports in general can give you so many oppor-

continued on page 6

Happy 1st Birthday, PeakLife SA

Thank you, San Antonio, for embracing *PeakLife SA Magazine!* With this issue, our fourth, we celebrate our first birthday in San Antonio. Thank you to our advertisers without whose continued support we would not be able to bring you this publication. Please let them know you saw their ad in *PeakLife SA!*



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continued from page 5

tunities to learn and grow in body, mind and spirit. Participating in Olympic sport, you have the opportunity to meet people from all over the world, and better realize your place in it. It's a humbling experience.

Let's turn to San Antonio. You have been on the Executive Committee for the Mayor's Fitness Council since its inception. What can we do to get our city off the country's "least healthy" lists?

The Mayor's Fitness Council is a community movement organized to reduce obesity in San Antonio and to transform the community into a healthier and more active place. The Council's mission is to transform San Antonio into a healthier and more active community in which citizens, groups and organizations achieve targeted health and fitness goals. We work collaboratively with the Active Living Council and the Food Policy Council as well to help bring greater awareness to the obesity issue in our city. The Fitness Council helps bring together many different groups, such as corporations like HEB and USAA, along with Metro Health and the UTSA Health Science Center and other educational sector partners to work on this important issue. At Palo Alto, we started a program where kinesiology students train neighborhood association walking group leaders (see article on page 18). It's a fantastic program that is good for our students because it links academic preparation and community service, while at the same time, providing a direct service in the community. It's a win-win situation.

This issue of PeakLife SA focuses on healthy aging. You look fantastic. What does your workout consist of these days?

Since I suffered a knee injury from fencing in 1982, I started swimming and yoga until I could heal from the surgery. Yoga has been wonderful. It's about developing balance and flexibility in your body and in your life. Esther Vexler has been my teacher since 1982, and she is now in her 90's. She is a wonderful role model for growing older with strength and flexibility. I also lift weights and work with Dr. Charles Christian from Inside Outside Wellness who has helped me with nutritional guidance and trained me to keep my muscle strength through high

intensity weight workouts. As you grow older, it's important to keep investigating and learning how to better support your body and mind, changing and adjusting as you go.

What recommendations would you give others who don't necessarily have the resources to join a gym?

Simply walking is a first great step. Walking is truly a gateway activity to better health. Also, look in your neighborhood at schools or colleges near you. For example, Palo Alto College only charges \$3 for an adult, and \$2 for children to swim at our pool. Additionally, Palo Alto has a wonderful walking trail with workout stations that are free and open to the public. There are facilities around the city that you can access for low or little cost. Also, the website started by the Mayor's Fitness Council, www.sabalance.org, is a fantastic resource for events and activities for the public.

At 17 as an aspiring Olympian, you said, "The key to winning is confidence and emotional control (sic). I've found myself experiencing love, hate, relief, failure, and success all in one round of fencing." As you reflect back on those words today, what do you think are the keys to success?

You need curiosity, passion, persistence, a sense of humor and kindness for others. What motivates me is working for causes that are larger than yourself. At Palo Alto College, I feel so very fortunate to be able to serve faculty and students every day. It's so important to try to serve your community and to help others on your journey. The people of San Antonio helped me when I was a young girl. I made my first junior world championship, but I didn't have the money to go to. I told my story to Dan Cook, who wrote an article for the *Express News*. And all of these people opened their hearts and wallets and sent money so that I



Vincent Bradford with Stacey Johnson in 1976 (Photo by Andy Shaw)

was able to attend the competition. Today, I want to give back to the community that helped me. Whatever sector you are in, find a way to give back and to contribute. That's my personal commitment and the commitment of so many others that are serving the city through San Antonio Sports and the Mayor's Fitness Council. We are all committed to coming together to give back and create a bright and healthy future for San Antonio.

Well said. Thank you so much for your time today, Stacey. You are an inspiration.

Stacey Johnson, EdD, started her fencing career at age 11, made her first international team at 16, and ultimately won a place on the 1980 U.S. Olympic Fencing Team. Stacey served as the president of the U.S. Fencing Association from 2000-2004, only the second woman in USFA history to hold this office and the first to complete a four-year term. One of her greatest accomplishments as president was working to secure saber as an Olympic program in the Athens Olympics in 2004. She helped lead a strong international effort to ensure women's equity in the sport of fencing. In Athens, the United States received the first medals for women's fencing in history. Stacey retired from competitive fencing in 1984 but remains active in sports, today serving on the San Antonio Sports Executive Committee and Mayor Castro's Fitness Council. Dr. Johnson currently serves as Vice President of Academic Affairs for Palo Alto College and has worked in higher education since 1985.

In the News

► Tour de Cure Helps Combat Diabetes

Join more than 1,000 area cyclists in the Stop Diabetes® movement at the South Texas Tour de Cure on Saturday, May 19, 2012. The American Diabetes Association's South Texas Tour de Cure showcases a one day ride from Boerne throughout the beautiful Texas Hill Country. The South Texas Tour de Cure provides funding for research projects to help end diabetes and improve the lives of those affected by diabetes. The Tour event features fully supported and safe, family-friendly routes for all levels of cycling experience. Register today to become part of the move-

ment to Stop Diabetes. To register or for more information, visit diabetes.org/satxtour or call 1-888-DIABETES.

► Go!Kids Challenge Kicks Off

Run, walk, jump, play, 60 minutes every day! San Antonio Sports Valero Go!Kids Challenge encourages kids to be active at least six days a week and drink water instead of surgery drinks. Learn more about this free program offered in San Antonio area elementary schools at GoKidsChallenge.com.

► SA B-Cycle Program Earns Awards

The City of San Antonio's "San Antonio Bikes" program is being recognized for its efforts to make San An-

tonio a bicycle-friendly community. Recently, the comprehensive San Antonio Bike Plan 2011 + Implementation Strategy was awarded the "Great Texas Trail Head Award - Public Entity" by the Texas Trails Network. And Women in Transportation Seminar recognized San Antonio B-Cycle Municipal Bike Share System for its 2011 "Innovative Transportation Solutions" Award. More information can be found at www.sanantonio.gov/sabikes.

► New Hall of Famers Recognized

San Antonio Sports congratulates the San Antonio Sports Hall of Fame Class of 2012: Bruce Bowen, Stan Bonowitz, David Hill, Leticia Morales-Bissaro, and Lt. John Russell. They were inducted at a black-tie gala in February in the Alamodome.

PeakLife SA Magazine welcomes "Ask the Dietitian" column

Beginning in the Summer of 2012, Registered Dietitian, Jennifer Meachum, will be answering your questions about eating well in San Antonio. Have a question about food labels, the latest fad diet or nutritious foods that your kids will eat? E-mail info@peaklifewellness.com and your question may be featured in an upcoming issue!



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Mayor's Fitness Council: Building a Healthy SA



By Tony Canty, Chair, Mayor's Fitness Council and CIO/CFO Labatt Food Service

By now, almost everyone has heard the alarming health statistics in San Antonio. 67% of all adults are obese or overweight; 30% of children have an unhealthy weight. This epidemic, left unaddressed, is going to result in a dramatic increase in occurrences of diabetes, hypertension, heart disease, and other maladies and will negatively impact the future prosperity of our great city. As outlined in the SA2020 community vision, health and fitness is one of our city's top priority areas. Mayor Julian Castro has made improving health one of the primary policy objectives for his administration and has tasked the Mayor's Fitness Council (MFC) to take the lead in reducing obesity in the city.

The MFC was formed in May 2010 with the assistance of an \$85,000 grant focused on obesity reduction from the state of Texas. Made up of over thirty well recognized business leaders, health professionals, school superintendents and other champions of health and wellness in San Antonio, the grant had specific project deliverables. They included hosting two healthy school summits, developing a neighborhood walking group leadership training program, creating a web site (www.sabalance.org) on health and fitness, and building four community gardens. These projects were all completed by mid-2011.

While the MFC was working on these

objectives, a strategic alliance was formed with San Antonio's health department, Metro Health. This proved to be a timely move, as the City of San Antonio had been awarded a significant grant from the Communities Putting Prevention to Work (CPPW) initiative. This \$15.6 million stimulus award was the third largest of its kind in the country and was focused entirely on obesity reduction. In addition to many environmental initiatives, such as safe streets for walking and bicycling, the funding also included a variety of activities to improve access to resources for physical activity and nutritious foods, such as, installing fitness stations and walking trails for public use, free physical activity classes in parks, health assessment stations in libraries, healthy food options in restaurants, neighborhood markets, and community centers, PE equipment and salad bars in schools, and community-wide Sclovia events, among others. Combining these resources with the efforts of the MFC helped to avoid duplication of efforts and provided both structure and momentum.

In August 2011, as the state grant came to a close, a sustainability summit was held to plan the future role of the MFC. Several Metro Health partnerships, including the Active Living Council, the Worksite Wellness Task Force and the Food Policy Council were invited to attend. Here,

a plan was put in place to keep all of the groups active and independent but also to combine their efforts with the MFC for a common cause. Additionally, Metro Health is now planning to use the MFC as its leadership council for all future grant opportunities related to obesity prevention. A new MFC executive committee has been formed and several new community leaders have been added to the MFC for a two year appointment. The Mayor's Fitness Council has a new strategic plan with priorities to convene key leadership, promote access, equity, and awareness of opportunities for physical activity and healthy eating and support policies that advance nutrition and physical activity.

The obesity problem in San Antonio did not happen overnight, and the lifestyle changes necessary to correct this problem will also take several years. Programs in the workplace, schools, neighborhoods and community venues, will be needed to move the needle if San Antonio as a whole is to become a healthier city. The MFC has positioned its efforts to work in all these areas, to initiate programs and to hand them off to other great existing organizations, such as the YMCA, San Antonio Sports, San Antonio Food Bank, and many other local stakeholders in wellness, as we all work together with the goal of making San Antonio one of the fittest cities in the nation.



MFC Executive Committee (left to right): Jeff Skelton, Liset Leal-Vasquez, Robert Maggiani, Amelie Ramirez, Dr. Jennifer Shaw, Dr. Annette Zaharoff, Eric Cooper, Mary Ullmann Japhet (Vice-Chair), Tony Canty (Chair), Dr. Peter Wald, Frances Gonzalez, Darryl Byrd, Luis Patino, Dr. Stacey Johnson, Dr. Thomas Schlenker, Kate Rogers (not pictured: Dr. Robert Ferrer, Sandy Morander and Xavier Urrutia)



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Preventive Care – Are You Up To Date?



By Gabriel Ortiz, M.D.

What is preventive care? It means different things to different age groups.

For pediatrics, it means getting vaccines on time and coming in for regular visits with their doctors to check growth and weight. Doctors also want to ensure that the child is progressing both physically and intellectually. Is the child crawling and walking when he/she should? How is the child doing in school?

For young and middle age adults, it means coming in every year or every few years (depending on what your doctor recommends) for routine physical exams and laboratory work. For young ladies, this means getting pap smears and pelvic exams. For both men and women, it also means routine exercise and a good healthy diet – these are good ways to prevent obesity and to prevent high cholesterol, both which can lead to medical issues as we get older. Skin protection is a must in any age group – high exposure to the sun is a known risk for future skin cancer.

For patients age 50 and above, there are recommended tests that should be performed or ordered by your physician. If found early, many of the findings can be treated, and if they are treated many can be cured or controlled with proper treatment, and with the help of patient compliance. Our hope is that finding things early and treating them expeditiously can be a life-saving process.

Preventive care has always been an important part of medicine but has gained momentum the past several years. Some companies are giving discounts to their employees' health costs if they bring proof of getting their annual physicals. Some employers have workout areas at the work site. Some companies are now Tobacco Free and do not want their workers exposed to either first hand or second hand smoke. Companies realize that having healthy employees is essential to productivity. When companies offer these preventative measures to their workforce, the employees have fewer missed days due to medical issues and are more productive when they are at work.

Listed below are some preventive measures recommended for adults. The following recommendations are provided by the American Cancer Society. Although many of these tests have recommended schedules, these are only guidelines that you and your primary care doctor should discuss. The testing schedule may need to be adjusted depending on your personal medical history or due to your family's medical history. Talk to your doctor about what he or she recommends for you.

At age 20, women should start self breast exams and medical breast exams by their physicians.

A pap smear exam should be done 3 years after a female has started vaginal intercourse. All women should start pap smear exams by 21 and can stop at age 70 if a patient has had three routine, normal pap smears and is currently not having any vaginal bleeding or discharge. A pap smear exam is no

longer needed if a patient undergoes a hysterectomy, unless the hysterectomy was done due to cervical cancer or pre-cancer.

At age 40, women should start annual mammograms.

At age 50, men and women should have annual fecal occult blood tests and a colonoscopy every ten years.

At age 50, men need to discuss benefit and risk of the PSA blood test. Research has not yet proven that the benefits of PSA testing outweigh the possible harmful effects of testing and treatment.

As you discuss preventive measures with your primary care physician, you will have a clearer understanding of what is right for you. Good health is a key component to enjoying life. May your journey through life be healthy and happy.



Dr Gabriel Ortiz is a Board Certified Family Physician with HealthTexas Medical Group and is the 2012 Bexar County Medical Society President-Elect. His office is 7254 Blanco Road, Suite 201, San Antonio, Texas 78216. Phone (210) 384-8282.

Want to boost your happiness? Soak up the sun! According to "Environmental Science & Technology," exercising outdoors gets rid of tension, depression, anger and boosts happiness more than indoors workouts. So slap on some sunscreen and head outside for a bike ride or a light jog around the block!

Healthy Aging Tips from San Antonio's City Manager



By Sheryl Sculley

While most of us make New Year's Resolutions every year, it's never too late in life to commit to becoming a healthier person. One can adopt simple lifestyle changes at any age – these changes can lead to long-term health benefits. By setting attainable goals, anybody can commit to a healthy lifestyle that will produce short- and long-term health benefits during the aging process.

Because of my busy schedule as City Manager, I have learned the importance of setting aside time each day for physical activity. I like to start my days with a run – it helps me to mentally and physically prepare for whatever the day will bring. It's also helpful to work toward a goal – I have completed nine marathons and countless half-marathons, 5-K, and 10-K runs. Marathon training has undoubtedly kept me in shape! Schedule changes (such as travel and work responsibilities) can make it a challenge to stay committed to an exercise schedule. I remind myself to fit in physical activity whenever I can – in the hotel gym or by taking a walk.

Spending time outdoors and exercising with friends and family can be great motivating factors. Our city offers a variety of outdoor recreation areas for residents to enjoy with their family and friends. With natural areas, trails and pools, there is something for everyone. Public parks offer recreation opportunities for the whole family – including your dog! For example, Hardberger

Park, which opened in May 2010, features a large playscape, 1.8-acre dog park, two basketball courts, a trail with an outdoor education area, a 2.7-acre oak savanna restoration, and access to the Salado Creek Greenway. For a full list of park facilities, visit www.sanantonio.gov/parksandrec.

Participating in community events is another great way to squeeze in physical activity while spending time with family, friends and the wider community. In October of 2011 and this past March, thousands attended the City's Síclovía events. Streets were closed to cars and buses, while pedestrians, cyclists, families, kids, and pets were able to roam the streets. We saw thousands of residents running, walking, biking, roller-blading, and skateboarding. These were fantastic events to bring people together, enjoy activities and celebrate the city.

In addition to staying active, eating well is a key component to healthy aging. Eating healthy, balanced meals doesn't mean cutting out all treats from your diet. When eating at a restaurant, I make an effort to select healthy menu items that include vegetables, fruits, whole grains and lean protein. The City's Por Vida program helps customers select healthier menu items at par-

ticipating restaurants. Healthy menu items that meet specific criteria are accompanied by a Por Vida logo. Visit www.sanantonio.gov/health/porvida for a list of participating restaurants.

It's never too late in life to make simple and healthy lifestyle changes. Whether it's by scheduling time for physical activity, participating in a community event, visiting a local park or choosing healthier menu options, these simple lifestyle changes undoubtedly set the stage for healthy aging.

Sheryl Sculley has served as the City Manager of San Antonio since 2005. She is married to Michael Sculley and has two adult children.



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SA Success Story: Jack Alexander



decided to head out on two wheels with a friend. The route we chose was a familiar one on the Loop 1604 service road. Riding along with Jake, who is the 13-14 year old national spirit champ in triathlon, we chatted about our lives and future goals. It felt mentally and physically good after the very difficult life ride I had just taken in the prior weeks. We decided to turn onto Military Highway, which has four lanes. While I habitually turned into the fourth lane to avoid cars, Jake turned into the third lane and instantly my front tire hit his bike. I quickly

flipped, landing in the street.

I stood up and tried to breathe — nothing. I panicked and ran around the intersection trying to force air into my lungs. Finally they filled, and I lay down again. I always ride with a road I.D. bracelet that provides the phone numbers of my three children. I took it off and handed it to Jake. Within minutes the EMS, fire truck, and all three of my children were at my side.

On the way to the hospital I realized that it was my ribs causing my pain and problems and not my back. This gave me some peace of mind, for the idea of not walking again was really scary. I was transported to a hospital room where I then learned my diagnosis of six broken ribs and a pierced Pneumothorax. A short day and a half later I received the good news: I was going home! I was relieved at the thought of returning to the comforts and familiarity of home but at the same time worried about the strange feeling of air bubbling out of my lung and into my chest cavity. My daughter, Paulina, drove me home. I spent three very long hours there before choosing to go back to the hospital ER, as I was acquiring a nasty cough and feeling very ill.

After I endured a torturous overnight wait, the ER doctor saw me and put a chest tube in. The next stop was the ICU, where I stayed three nights.

Once released and over the next two weeks, I challenged myself to walk 5 miles per day. I was trying to clear my lungs of infection and relieve the pressure on the left side. It was successful, and I was given the green light to train. I found swimming to be the best remedy.

I was determined to race in the Heart of Texas Triathlon at Fort Sam Houston. It was only five weeks after the accident, but I was ready. My father flew in to see me compete and this meant a lot to me. I had reached my first goal of getting back in the game.

At the second Heart of Texas, my pain and stiffness had completely subsided and my results were great. I made new goals. Just four months later, in the Worst Tri Ever (triathlon) in New Braunfels, I finished first place overall with a time of 1:05.52.

Even in hard times I realize that I am truly blessed in life. I was able to recover from my struggles of 2011 and have my family, AAAA swim family, Adams Hill students and faculty, and fellow triathletes to thank for their support.



By Jack Alexander and Julie Ann Funke

PE coach Jack Alexander, 57, has lived in the San Antonio Area for 21 years. This avid triathlete teaches at Adams Hill Elementary, coaches swimmers at AAAA Northside, and is a devoted family member. In 2011 he faced several personal tragedies: the death of his mother, followed by the passing of his brother five months later in a tragic car accident. In between these two emotional losses, Jack was involved in a terrible biking accident that left him physically injured as well. Here is his story of recovery from that accident.

My mother, Ruth Alexander, was a wonderful and amazing woman who dedicated her life to her family. The entire family was able to be together for the last two weeks of her life as she was diagnosed with terminal pancreatic cancer. With my family's closeness and love, as well as my athletic training that I continued to do daily over that period, I got through that very difficult and painful time in my life.

Once back in San Antonio after her funeral I knew I needed to train. I de-

Kale Chips

Not a fan of kale? These simple, healthy, crisp chips will change your mind!

1 bunch of kale

1 T. olive oil

A few pinches of your favorite savory spice (I like paprika and garlic powder)

1. Preheat an oven to 350 degrees F.
2. Wash kale. Remove stems and tear into bite-sized pieces. Toss in a bowl with olive oil, a pinch of salt and your favorite spice.
3. Bake until the edges are brown (not burnt), 10 to 12 minutes.

Enjoy!

Get Healthy Online

Here are a few of our favorite stops for free healthy recipes and inspiration! www.prevention.com, www.eatingwell.com, www.webmd.com, www.wholeliving.com

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What's Happening in SA

■ April 4, 2012 Whole Foods Market at the Quarry

Shop at Whole Foods Market and Bridge Tomorrow with Today... On April 4th, from 8:00 am to 9:00 pm a portion of the day's sales from Whole Foods Market will benefit Stand Up for Kids. Their mission is to help homeless and at-risk youth improve their lives by adding stability and restoring hope & dignity, as they strive for a better life. For more information contact (210) 826-4676 or suzy.holleron@wholefoods.com.

■ April 4, 2012 Run On! San Antonio Social Run

Run starts at 6:00pm, located at 20079 Stone Oak Pkwy, Ste 3120 Join us and Saucony for a test run! Drawings, refreshments and discounted shopping! For more information visit: www.runonsanantonio.com or call (210) 494-7869.

■ April 7 – May 26, 2012 Base Camp

Saturdays at 7:00am long runs being held at Tri-Sition Area (Bitters & 1604). Base Camp is designed to safely build up your fitness (running/walking) base. It is also designed to help athletes maintain their fitness in preparation for training the 2012 San Antonio Rock-n-Roll marathon/half marathon. For more information visit www.training210.com or info@training210.com. See ad on page 13.

■ April 14, 2012 Toobalooza Adventure Run

Located in Gruene, TX. This 2.5 mile race features a 72" inflatable obstacle course to start. Toobing in a river, running, mud pits, obstacles and toobing in a lake. The race has several options to choose from, single person event, 2 person teams and 5 person teams. For more information visit www.redemptionrp.com See ad on this page.

■ April 14, 2012 San Antonio Diabetes Expo

Located at The Henry B. Gonzalez

Convention Center. Free event benefiting the American Diabetes Association. The 2012 Expo is San Antonio's only diabetes self-care management health expo that features informative speakers, cooking demonstrations, fun youth activities and diabetes focused exhibitors that feature the latest diabetes products and services. To register visit www.diabetes.org/exposanantonio or call (210) 829-1765 x6128.

■ April 14, 2012 The 8th Annual Walk for Autism San Antonio.

Located at the AT&T Center Sombrilla, from 8:00 am – 11:00 am. This event is currently the Guinness World Record holder for largest charity walk category; thanks San Antonio! Reaching Families Facing Autism was established in 2002 to assist families in need of support and education. For more information visit www.walkforautismsa.com.

■ April 21, 2012 Fiesta Especial Promenade, Parade & 2.5 Mile Fun Run!

Promenade (Fun Run) kicks off at 8:55 am, parade to follow after start. Proceeds from this event support charitable, non-profit programs that improve the lives of children and adults with disabilities in our local community throughout the year. For more information visit www.fiestaespecial.com or call Melanie Cawthon (210) 656-7756.

■ April 28, 2012 Windcrest Freshman Triathlon

Designed for beginners, 200 meter swim/10 mile bike/ 2 mile run. Located at the Windcrest swimming pool - 5609 Winsong. For more information visit www.redemptionrp.com. See ad on this page.

■ May 2, 2012 8th Annual Golf Tournament - Doing Good on the Green.

Benefiting the San Antonio Food Bank, located at TPC San Antonio. Shot Gun Start 8:00 am \$275 per

individual or \$1000 for a four-player team. Players will enjoy the beautiful terrain of the JW Marriot Resort. Register on line at www.safoodbank.org or contact Monica Borrego at mborrego@safoodbank.org or call (210) 431-8310.

■ May 5, 2012 Rockin' R Toobin Triathlon 2012

400 meter river swim, 12 mile bike ride, 3.3 mile run. For more information call Brian at the race hotline (210) 912-8874 or visit www.redemptionrp.com. See ad on this page.

■ May 5, 2012 Holistic Chamber of Commerce Wellness Fest

San Antonio Holistic Chamber of Commerce invites you to join us at our 1st Annual HCC Wellness Fest. 10:00 am to 4:00 pm. Various members of the San Antonio chapter of the HCC will have displays and will speak on various holistic health and wellness topics. Next Generation Water, located in the Vineyard Shopping Center, Blanco/1604. NextGenerationWater.com. (210) 408-9270. See ad on page 19.

■ May 12, 2012 Jon's Run

The 10th Annual Jon's Run/Stroll is on Saturday at Brackenridge Park- Koehler Pavilion. This event was organized to benefit Any Baby Can's Center for Infant and Child Loss. Visit the Any Baby Can website, www.anybabycansa.org or getmeregistered.com to register for this event.

■ May 19, 2012 South Texas Tour de Cure

Located in Boerne, check in begins @ 6:00 am. Tour de Cure is one of the American Diabetes Association's signature events. This year, more than 1,000 area cyclists will come together to be part of the Stop Diabetes@ movement. To register visit www.diabetes.org/south-tx-tourdecur or call (210) 829-1765 x6124. See ad on page 21.

continued on next page

continued from page 14

■ May 25, 2012 Gardening 101 at The San Antonio Food Bank

A free class for all to learn the practice of planning and planting small, but intensively planted gardens. Taught by San Antonio Food Bank's master gardener. Register online, one week prior at www.safoodbank.org or by calling (210) 431-8347.

■ May 26 – Nov. 11, 2012 iRock SA

iRock SA is R&R Fitness' training program geared to get you ready for the 2012 San Antonio Rock-n-Roll Marathon/Half Marathon. We accept athletes of all abilities, age levels and paces (including walkers). We have the most number of RRCA certified coaches in San Antonio who are dedicated to helping you achieve your goals. For location and cost contact info@training210.com or www.training210.com. See ad on page 13.

■ June 3, 2012 Tri Pearl Tri

Located at the historical Pearl Brewery at 6:00am. Tap into this hip urban triathlon and get a taste of San Antonio's flavor at its finest. JK Fitness will be hosting group-training events to help people in the community get prepared for this event. For cost and more information visit www.tripearl.org or info@jk-fit.com. See ad on this page.

■ June 22, 2012 Gardening 101 at The San Antonio Food Bank

A free class for all to learn the practice of planning and planting small, but intensively planted gardens. Taught by San Antonio Food Bank's master gardener. Register online, one week prior at www.safoodbank.org or by calling (210) 431-8347.

■ June 23, 2012 Gatorbait Memorial Triathlon

Located at the Pavilion at Boerne Lake. 500 meter swim, 13 mile bike, and 4 mile run. Check in starts at 6:00 am race begins at 7:00 am.

Sign up before May 23rd for race discount and guaranteed T-Shirt. For more information visit www.redemptionrp.com. See ad on page 14.

■ June 28, 2012 Water Awareness Presentation

This event from 6:30 pm to 8:00 pm discusses the health of your drinking water. Where does it rate

on the pH scale? Is your favorite drinking water an antioxidant, or is it oxidizing/aging? Come learn about these properties and how various drinking waters and other beverages measure up. Next Generation Water, located in the Vineyard Shopping Center, Blanco/1604. NextGenerationWater.com. (210) 408-9270. See ad on page 19.



14

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So Many Choices



By Laurie Pomerantz

San Antonio. Like many other places in America, it's a city where the idea of health and fitness is becoming increasingly popular — but where actually becoming a healthy person can be tough to pull off. The world we live in makes it easier to be overweight and sedentary than it does to be healthy and active. Even our children are careening down this path, and their life spans are being shortened as a result. It's not all gloom and doom though; we just need to realize how many decisions we can make every day to reverse the cycle and be healthier.

As a community, we're headed in that direction, with city and school initiatives around wellness, restaurants offering healthier choices, more parks, more exercise classes — it's the buzz in San Antonio. Our goal needs to be Progress, Not Perfection. Each of us makes decision after decision after decision all day long. Every minute is a choice, some big and some small. Here's a day in the life full of examples:

6:20 Ring, ring — the alarm clock goes off. You can choose to hit the snooze button and get 10 extra minutes or you can get out of bed and take a 10-minute walk. Starting your day with even a little bit of exercise can kick start your metabolism, warm up your muscles and your mind, and propel you toward a better sleep cycle.

7:00 It's a mad scramble — school, work, everyone needs breakfast, lunch, and "who's picking me up for practice?" There's a lot to consider, but there's also room for some better choices. What about egg whites or oatmeal or cereal with milk and fruit for breakfast? Breakfast is the most important meal of the day and a healthy one is a good idea for EVERYONE.

10:45 Stomach's rumbling and you're slammed. Come to work prepared. Eat a mid-morning snack that includes a healthy carb and some protein. Try string cheese and a piece of fruit or a low sugar yogurt. Make the choice to feed yourself with good calories all day long.

12:30 Lunchtime and you're ravenous — every single fast food offering looks and smells awesome to you right now. Take a deep breath and make one or two better choices. Salad as a side instead of fries; water in place of soda; grilled, not fried — or choose to eat half the meal now, wait 15 minutes and see if you really need the rest of it. Think about ways to work positive thoughts into your day.

5:00 What to do about dinner? Eating in or dining out? Either way, load up with fresh fruits and vegetables before the processed stuff. Some nights

you might even find time to exercise — a run around the neighborhood, a pick-up soccer game or a bike ride, or even a visit to the gym. Be intentional about the choices you make and try to improve the poorest ones. Remind yourself that the slightest improvement is still an improvement.

9:30 Whew! Kids are in bed and you have just a few minutes to yourself. Try not to eat or drink any extra calories two to three hours before bed. Choose a few pages of a book or magazine over TV. Make an effort to get eight hours of rest. Perhaps you can reflect for just a few minutes on your day and the choices you made. Even if you supersized lunch and chose margaritas & cupcakes for dinner, celebrate your good choices and set your sights on making the next choice a healthier one.

10:15 Lights out — sleep tight, San Antonio! Tomorrow is another day full of decisions and choices, and each one presents an opportunity to move toward a healthier you. Remember—it's Progress, not Perfection.

Laurie Pomerantz is an avid practitioner of healthier choices. She works full time and manages a house, a husband, and two boys while building her health and wellness coaching practice. E-mail Laurie at lpomerantz@hotmail.com.



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Show Us Your Laces, San Antonio!



**By Katherine Serna Velasquez, PhD
Senior Management Analyst
City of San Antonio Metropolitan
Health District**

If you've been paying attention to the news, you know that San Antonio is positioning itself to vanquish the unsolicited title of "Fat City." Among its many efforts to increase physical activity, the City has used grant money to improve sidewalks and crossings, build trails, install free fitness stations at parks and libraries, offer free Fitness in the Park classes, and host Siclovía (www.siclovía.org), which redirects traffic so residents can walk, bike, and skate down the middle of Broadway. In an effort to increase physical activity at the neighborhood level, Metro Health, the Mayor's Fitness Council, Palo Alto College, and the Neighborhood Resource Center have partnered to create and support neighborhood walking groups.

Walking is natural and easy for most people. Regular walking helps everyone feel better physically and mentally. Additionally, walking is free and reduces energy use, traffic congestion, and pollution. Neighborhood walking groups help residents get to know one another and their community. Group members offer each other encouragement and accountability as well as safety in numbers. All of these factors increase the likelihood that group members will continue walking when individual exercise resolutions falter.

If you'd like to start or join a neighborhood walking group, Metro Health and the Mayor's Fitness Council are now offering Group Leader training. Palo Alto kinesiology students provide information, discussion, and resources to create and manage a walking group. More information and a schedule of trainings are available on the SABalance website (www.SABalance.org) under the Physical Activity and Walking pages.

As an incentive to group members, participants receive Mayor's Fitness Council reflective slap bands. Once your group gets underway, colored shoelaces will also be available to let San Antonio know that you are a MFC Neighborhood Group member and walking for your health, your family, and your future. Show Us Your Laces, San Antonio!

Dr. Velasquez coordinates the physical activity initiatives of the Community Putting Prevention to Work Grant. You can find information about the walking groups and other initiatives at www.SABalance.org.



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Page 19

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- #3 Fire Up a Fresh Focus.** We'll give you the best way to "get back on track" if you've lost a little bit of focus on your commitment to fitness.
- #4 Say Goodbye to All the Obstacles!** We'll show you exactly how my team and I will strip away all the obstacles, so that in just 24 days, you'll achieve dramatic results.
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Want to Make a Change? Find a Coach



By Blaine T. Wilson, MS
Senior Director of Business Development for the Well-coaches Corporation

We all strive to live well and become our best selves. However, most of us struggle with our daily routines and

unconsciously set ourselves up for self-sabotage or failure. Often when people are told they need to change their behaviors or suffer lasting health issues, an initial response is denial. Even if they begin to process the information and accept their challenge, most people do not have the confidence or focus to positively change their habits. Most people know what they need to do but have a difficult time taking the first step.

That's where a wellness coach can help.

How Coaching Works

A wellness coach champions positive behavior by providing professional support. By realizing change needs to take place now — either because a physician has provided a grim diagnosis if lifestyle choices are not adapted or because the idea of self-improvement is the driving force — a certified wellness coach will help you define, visual-

ize, design and plan, and accomplish fitness, nutrition, lifestyle, and health goals.

A coach instills hope, believes in you, and expects you to help yourself. As mentor and client, a relationship builds on the foundation of practice, experimentation, and more practice until you have established new habits and can make better choices. With guidance from the coach, a person learns new thinking, increased awareness, higher self-esteem, and greater confidence in mastering healthy lifestyle behaviors.

Everyone could use a coach. If you are apparently healthy, a coach will help you find the resources and inner strength to retain your championship status. If you have risk factors for disease (high cholesterol, overweight, etc.) a coach can also help you find resources and inner strength to make meaningful, positive behavior changes to become a self-leader in your own health.

continued on page 22

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continued from page 21

Coaches don't necessarily solve problems. Coaches assist their clients to become self-leaders so they can solve problems independently. The most effective coaches consider the whole person and not just the risk or the disease. To develop a self-leader, the coach begins by working with the participants' perceived barriers to success and then transitioning to their strengths and helping them chart a vision and course of action.

The goal of any coaching program is for the client to develop into a self-leader regardless of their health status. The client is the CEO of his/her body. Coaches assist clients in identifying their strengths (time, energy, resources, friends, family, etc.) and learning how to utilize their strengths to create and maintain a healthy and productive environment and lifestyle.

How to Choose a Wellness Coach

Great coaches are passionate. Great coaches are good listeners. Great coaches walk the walk – they model the life skill of mastering the behaviors of health and wellness. Great coaches have credentials in coaching psychology. They are practitioners of lifelong learning. Over the past 20 years, dozens of life and corporate coach training schools and university programs have trained more than 20,000 coaches worldwide. Reputable coach training schools require anywhere from six months to two years of training and practice followed by a certification process that measures core coaching competencies.

Managing physical and mental health are among life's greatest challenges. It's wise to seek out a wellness coach with the best training and skills available.

Be a role model for your family, your co-workers and your company.

Blaine Wilson is a certified Executive Health and Wellness Coach who lives in Boerne. Blaine has worked in health-care for over 30 years. Blaine is the Senior Director of Business Development for the Wellcoaches Corporation, a strategic partner of the American College of Sports Medicine. Blaine has consulted with corporate companies in the U.S., Asia, and Latin America. www.BlaineWilson.com

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2012 Spring & Summer Pool Schedule

Spring Schedule	Summer Schedule
<p>Extended Season Pools: Heritage, 1423 Ellison Dr. Lady Bird Johnson, 10700 Nacogdoches South Side Lions, 3100 Hiawatha Woodlawn, 1100 Cincinnati</p> <p>SPRING BREAK MARCH 13 – 18 OPEN SWIM Tues – Sat: 1 p.m. – 7 p.m.</p> <p>LAP SWIM Tues/Wed/Thurs: 7:30 a.m. – 9:30 a.m.</p> <p>MAY 5 – JUNE 14 OPEN SWIM Tues/Wed/Thurs: 4 p.m. – 7 p.m. & Sat: 1 p.m. – 7 p.m.</p> <p>LAP SWIM Tues/Wed/Thurs: 7:30 a.m. – 9:30 a.m.</p>	<p>24 OUTDOOR POOLS JUNE 16 – AUGUST 19, 2012 Tues – Sun: 1 p.m. – 7 p.m. For a pool near you visit: www.sanantonio.gov/parksandrec Or call: (210) 207-3000</p> <p>LAP SWIMMING LOCATIONS: Heritage, 1423 Ellison Dr. Lady Bird Johnson, 10700 Nacogdoches South Side Lions, 3100 Hiawatha Woodlawn, 1100 Cincinnati Tues/Wed/Thurs: 7:30 a.m. – 9:30 a.m.</p>

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