

SAN ANTONIO'S GUIDE *to* Health & Wellness

FALL 2013 | VOLUME 3, NUMBER 4

# PeakLifeSA

M A A Z I N E



Dr. Mary Longloy

## Changing the Culture

... *One School at a Time*

## Families

*THAT PLAY TOGETHER,*  
Stay Healthy  
*TOGETHER*

## Super Foods:

*What are they and  
how do I get them?*





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## Letter from the editor

“We can have a huge impact on our youth.”

Dear Readers,

When I was pregnant with my daughter, I concocted what I thought was a brilliant plan to get her to love eating vegetables. I thought that if told her at a very young age that veggies were special treats, she would grow up craving them. My plot was foiled with my daughter's first bite of mashed peas; she made an awful face and spit them all back out. I tried multiple times with the same horrified reaction. Live and learn; my plan was a bust.

As parents, we try our best to raise healthy kids. We want our kids to be strong, healthy and successful, and we know the imperative to get them moving and eating well. According to the Center for Disease Control and Prevention, more than one-third of children and adolescents in the U.S. are overweight or obese; these stats hold true for Bexar County. Because of obesity-related conditions, children today are expected to be the first generation that has a shorter lifespan than their parents.

The San Antonio community is working to change these facts. We have wonderful programs promoting the health of our residents like the Fit Family Challenge, Siclovía and now Fit Pass SA. We have fantastic organizations, like the YMCA and multi-sector committees like the Mayor's Fitness Council working tirelessly to initiate and support projects and events to help our locals thrive. We have individuals, like Principal Mary Longloy, featured on our cover who are making bold changes to inspire kids to be more healthy.

As much as our culture in SA is evolving to support health, real change must start in the home. As parents, grandparents, aunts, uncles, modelling good behavior is one of the greatest gifts we can give our children. By making simple changes, such as, having family dinner, taking walks together, telling our kids to step away from the television and having active family time, we can have a huge impact on our youth. Let's work together to make healthy hip.

I hope that you enjoy this issue which is chock-full of insightful ideas about how to keep you and your family healthy!

Be well,

Dianne

Dianne Glover, MPH, Publisher



Lisa Cruz

Lisa Cruz is the Communications Director for the American Heart Association where she enjoys helping to educate and empower the community to live healthier lives.



Sarah Koontz, RD

Sarah Koontz, RD is a Registered Dietitian for the Nutrition, Health and Wellness Division of the San Antonio Food Bank and educates the community from young to old about healthy eating and the importance of home cooking.



Louis Lopez

Louis Lopez, District Vice President YMCA of Greater San Antonio, has been serving the local community for over 14 years. In that time, he has developed and implemented family healthy living programs as well as multiple health initiatives.



Elizabeth Luna

Elizabeth Luna is the marketing director at Southwest General Hospital. She's most proud of her title as wife and mother.



Jennifer Meachum, RD, LD

Jennifer Meachum, RD, LD is able to pursue her passion for promoting nutrition and wellness in the community by serving as the Director of Community Outreach and Employee Wellness for North Central Baptist Hospital.



Suzanne Parker, RD, LD

Suzanne Parker, owner of Powerhouse Bakery has worked in her own consulting business, Nutrition Matters since 2001. For more info, visit [powerhouse-bakery.com](http://powerhouse-bakery.com) or email [nutritionmatters@icloud.com](mailto:nutritionmatters@icloud.com)

# Healthy Snacking for Healthy Bodies

By Sarah Koontz, RD

Are you looking for ways to give your child snacks that are healthy, tasty and nutritious? Look no further.

Snacks are important for children because of their growing bodies, and they provide energy to be active and learn.

Fruits and vegetables are great to include during snack time since they're packed with important nutrients for growth and development. They also help to hydrate children. Dairy is another practical food group to use for snacks. Low-fat milk, yogurt and cheese are great sources of calcium and protein to help grow strong bones. Whole grains are also a nice addition to provide long-lasting energy, without highs and lows in blood sugar.

With the changing seasons, planning healthy snacks is an exciting adventure in which you can incorporate seasonal fruits and vegetables. As the fall season is upon us, apples, bell peppers, broccoli, cantaloupes, carrots, cucumbers,

grapes, figs, pumpkins, sweet potatoes, tomatoes, watermelons (until November) and pomegranates are abundant. Be sure to incorporate these items into your mini-meals and savor the season. Read on for great snack ideas!

### Healthy Snack Ideas:

- Apple & peanut butter
- Banana with yogurt
- Trail Mix: dried fruit, nuts & cereal
- Cucumbers with lemon juice
- Carrots with bean dip (hummus)
- Bell pepper with guacamole
- Celery with peanut butter & raisins
- Popcorn (lightly butter & salt)
- Potatoes: boil or bake, lightly season, & dip in ketchup or bean dip
- Whole grain crackers with salsa
- Smoothies: blend together: 1 banana + 1 cup

berries + water, juice or milk until creamy. Add in peanut butter, avocado, or leafy greens such as spinach for added calories or nutrients.

Be creative!

- Peanut butter & banana on whole wheat bread or tortilla, add cinnamon to spice it up
- Cottage cheese with fruit

**PLAY A QUICK GAME TO SEE WHICH FOOD IS BEST!**

Underline the **BEST** option:

Grapes	OR	Fruit Gummies
Potato Chips	OR	Whole Grain Crackers
Pop-Tart	OR	PB & J Sandwich
Water	OR	Soda
Orange	OR	Orange Juice

### Answer:

The more whole the better! Choose whole grain varieties, whole fruits over fruit juice and gummies and you'll be well on your way to a healthier body and healthier teeth!



**Mayor Julian Castro and Metro Health** held a press conference at Collins Garden Park to report that San Antonio has seen a 6.1% drop in obesity rates among its adult population from 2010 to 2012. The obesity rate plunged from 35.1% to 28.5% between 2010 and 2012. This means that 70,000 adult men and women are no longer obese, having moved into healthier weight categories.

**Ready, Set, Go!** The Mayor's Fitness Council Student Ambassadors are back in action for the 2013-2014 school year, with 48 students selected as student ambassadors to promote healthy living at their school campus and in the community. Visit [www.fitcitysa.com](http://www.fitcitysa.com) to learn more about the Mayor's Fitness Council Student Ambassador Program.

**Calling all hoopsters** ages 8-14! Round up your team for the Bexar County Games



basketball tournament, presented by Ancira, and get ready to play in San Antonio's newest basketball venue, Mission Concepción Sports Park. November 9-10. Visit [SanAntonioSports.org/bexarcountrygames](http://SanAntonioSports.org/bexarcountrygames) for details.

**Who is ready to put the FUN into fitness?** Come join the Fitness FUNatics, Makayla and Alyssa and their rapidly growing team! Every Saturday from 9:30-10:30 the FUNatics have a blast getting a move on with jump rope, soccer kicks or a circuit challenge. Also there just might be a FUNatics Family Challenge starting near you! Check us out at: [facebook.com/FitnessFUNaticsSanAntonio](http://facebook.com/FitnessFUNaticsSanAntonio).

**Get ready to rock!** The Rock 'n' Roll San Antonio Marathon & 1/2 Marathon will be held Sunday, Nov. 17 starting and finishing at the Alamodome. The ING Kids Rock powered by San Antonio Sports is Sat., Nov. 16. Not a runner? Volunteer! Visit [SanAntonioSports.org/volunteer](http://SanAntonioSports.org/volunteer) for more information.

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# Changing the Culture... One School at a Time

An interview with Dr. Mary Longloy,  
Principal at Redland Oaks Elementary

Dr. Mary Longloy would not describe herself as a "health and fitness zealot." When she started in education, fitness and nutrition were not at the top of her priority list. A wake-up call several years ago made her realize the importance of creating a culture of health in her school. Since that time, she has removed all food fundraisers, added additional time for activities and even started serving fruit and water (instead of cookies and soda) to the P.T.A. In 2012, Redland Oaks became the only school in Bexar County to receive the prestigious Silver Level from the Alliance for a Healthier Generation. *PeakLife SA's* Publisher, Dianne Glover, sat down with Dr. Longloy to discuss how she was able to make so many positive changes at her school.

You've been the Principal at Redland Oaks for eight years. Was health and fitness always a priority?

It was introduced along the way. It began with the health initiative at the district level that looked at asthma. I saw such an improvement with our students' ability to remain in class and focus on their studies that I started attending more of the wellness conferences throughout the city. Four years ago, I was sitting at one of the conferences and they stated that (due to the rise in overweight and obesity) this generation

of students is not forecasted to outlive their parents. It was a profound moment for me; I can remember the room I was in. I thought, "Wait a minute, let me process what they're saying." I said to myself, "No, not on my watch!"

What happened next?

Then I really started digging into the research. I had not realized the correlation between how kids do in P.E. and their test scores, so I ran the numbers in my school. There they were right in front of me. I was really shocked. It wasn't numbers anymore; it was real kids that I saw everyday. I thought we have to do something different now. At that point I felt like this needed to be a moral imperative in our community, and that's when the changes started happening.

How did you introduce the health and fitness programs to the school?

We formed a wellness committee with a teacher from every grade level, parents, and community members, and we started having conversations about what we could do to help our parents understand that our children were in a crisis and that we needed to take action now. It needed to permeate through all sections of the community, not just something in a health class. It really has to be actively engaged throughout all sections of the learning community. We then held some parent focus groups; I met a lot of resistance initially because it was different. Human nature doesn't like change.

What did you do to overcome the resistance?

We started having wellness nights with health professionals; they opened the dialogue about why we needed to make these changes and brought research to back it up. That was one side of the coin, and the other side of the coin was that we had to make it fun. It's really hard to be resistant to something that's fun. So everything that we planned to do we considered how to make it fun. All of a sudden when we approached it from that angle, the resistance went away. Over a three-year period, more people started getting on board and were willing to help us.

How did you start implementing the programs?

We decided we're going to follow the Alliance for a Healthier Generation, which has very specific guidelines for schools. For example, we eliminated all food fundraisers. We used to sell cookie dough and pies and have pizza parties. We started talking about the ethical dilemma; we're teaching about healthy eating and active lifestyles in the students class, and we're serving pizza and asking them to sell cookie dough. Our messages weren't in alignment. Today at Redland, most people understand that health and wellness for our children is a 21st century skill, just like problem solving, reading, and math. People get that now; it's exciting.

How did you engage teachers in these initiatives?

If you just dictate, that doesn't work. Even with the teachers, we wanted to make it fun. We found that the more fun they had, the more they enjoyed it and the more open they were to the changes. There's a lot of stress and accountability in schools today. Teachers have to keep running records, monitoring progress



have really gotten behind this movement. I'm also very proud of my parents for the shift that they have made. I think overall, I'm proud that I believe Redland as a community gets it. If you give children a good foundation for a

healthy lifestyle by eating healthy and staying active, you're much more likely to see them keep those habits into their adult life.

What other changes would you like to see at Redland?

Five or six years ago, the Texas agricultural commissioner came out with the statement that there should be no cupcakes on birthdays, and all of the parents were in an uproar. That is my final step to make parents understand that we're not against cupcakes occasionally, but there are other ways to celebrate your child's birthday at school. At the primary level, instead of bringing cupcakes, bring bubbles, and the kids can all go outside at the end of the day and run around and blow bubbles. They are going to have a lot more fun, and it's a lot healthier for them. We're really hoping that we can continue down the path until we get to a point where even on birthdays, that the celebration with the sweet treats happens at home.

What advice would you like to give other school leaders about creating a culture of health?

You have to start in your heart. You have to remind yourself that this is really a moral imperative. If you keep that alive in your heart, you don't get discouraged. Thinking ahead

and creating complicated lesson plans. The more you're able to bring some stress relief and fun, the more they're willing to get on board.

As far as your personal commitment to health and fitness, why is it important to you as a leader to walk the walk?

Well, for the kids, I think every parent knows this — kids don't always listen to what we say. Most children learn by doing and observing. If you give a child a mixed message by saying one thing and doing another, they will gravitate towards what you're doing not what you're saying. As an academic leader, it's important for me to have integrity and character. I have to model wellness for the kids. I can't ask them to do something I'm not willing to do myself. I'm just an average middle-aged woman that can model being active and have a good quality of life. One of my personal goals in life is to ski for free. You have to be 75 years old to not have to pay for a lift ticket up the mountain. People laugh at me, but that's always been a goal of mine! Most of all, I want my kids to see Dr. Longloy is an average person who makes health a priority. It's very important to model that for kids.

What change in your school are you most proud of?

I'm very proud of my teachers because they

to when kindergarteners are going to be going into middle school, how do you want them to be? Do you want them to be proactive and making good choices? Or do you want them having health issues? I want kids that leave Redland to be happy about making wise health choices. It will be tough, but when you believe in your heart, you're less likely to give up. Keep moving, smile a lot, and make every activity fun.

Any advice for local parents who want to raise healthy kids?

Parents need to get involved. There are wonderful, free activities, like the Go Kids Challenge. We acknowledge the kids with spirit sticks, and over the announcements and little awards, and anytime they're involved as a leader or in anything active, whether it's their soccer team, or being on a running team, doing a 5k, being on a swim team. We also need parent leaders to support the wellness initiatives of the P.T.A. The more people you can get involved, the wider it's going to spread and the more support you're going to get.

Any final thoughts that you would like to share?

The last thing that I want to say is to keep it simple. You can make it really complicated or you can choose to keep it simple. We've chosen to try to keep it as simple as possible because we are an elementary school, but the bottom line is to eat healthy and stay active. It is important that the kids get that message.



AFTER



BEFORE

Cesar Canizalez

## Charging toward a healthier future

*Churchill High School student makes a lifelong, inspiring change*

By Lisa Cruz

A typical high school freshman, Cesar Canizalez enjoyed hanging out with friends and playing in the high school marching band. Little did he know, just two years later, he would receive an honor from Mayor Julián Castro for a very personal achievement.

Cesar was recently named one of seven Healthy Heroes by the Mayor's Fitness Council for Individual Health and Fitness Improvement in the youth category, and he received commendation from Mayor Castro for his achievements. Over the course of about five months in the spring and summer of 2011, Cesar lost 60 pounds and has kept it off for two years. He now prepares to enter his senior year at Churchill High School with his sights set on college.

"I never would have had the opportunities I had if I hadn't made the lifestyle changes I did," Cesar said. "Before I had lost the weight, it was hard for me to keep up in marching band."

Cesar said it was not until the Monday after Easter in 2011 that he realized something was wrong.

"I was having pains in my stomach, and I was told by a doctor I would just have to wait it out," Cesar said. "As the pain progressed, I continued to eat what I was used to, which was not a lot of fruits and vegetables. The next time I went to the doctor, he told me to try to cut out dairy and in two weeks, I hadn't lost any weight, but I noticed I felt better."

Cesar said the pains did continue, however,

and he saw the doctor again. The doctor told him it was Cesar's body's way of telling him he wasn't treating it well.

"So, I cut out a lot of things, like pizza and ice cream," Cesar said. "I started walking 30 minutes a day."

When school started in August, friends and teachers saw an entirely new Cesar.

"A lot of my friends told me it was nice to see the new me, and teachers didn't recognize me," he said. "I was performing better. I became more confident."

His weight loss was fairly rapid, which worried his parents at first. But, the doctor's view was that the weight loss was in line with the drastic lifestyle changes Cesar had made, so his family was reassured and encouraging.

"I had a lot of support," Cesar said. "My friends always want to do something physically active, like running or playing football, and as I was eating healthier, I noticed my friends and even my band directors started to change their diets."

Cesar currently works two jobs, and he said the fact that he is always on his feet and can find healthy food are two of the reasons he has been able to maintain his weight.

"My second job is at Papouli's, which participates in the Por Vida program," Cesar said. "The fact that I work at a restaurant that provides healthy food encourages me."

Cesar does not have a gym membership or the time for long workouts, so he said he keeps his workouts quick, and he fits in physical activity throughout the day.

His 30-minute circuit workout includes exercises like jump rope, squats, jumping jacks and lunges to keep his heart rate up while fitting in some full-body strength exercises.

Cesar's commitment to maintaining his weight loss has encouraged his mom, dad and younger brother to work on leading a healthier lifestyle, as well, and Cesar said getting a group of people who will support you in your lifestyle change is critical.

"I see the influence I have on my six-year-old brother, and the fact that I can possibly change what he is doing now and set a course for the rest of his life is really cool," Cesar added.

In the end, though, Cesar said he knows his lifestyle change is his responsibility, and he had to come to terms with what he needed to do to change.

"I knew I couldn't go back to doing what I was doing because I wasn't happy," Cesar said. "I would have never had the opportunities I have had. No one can want anything more than you can. People can encourage you, but you have to put the work in for it."



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# calendar of events

Check out upcoming events and activities in the San Antonio area

## October >>>>>>

### OCTOBER 1, 2013 NATIONAL NIGHT OUT

Multiple Locations in San Antonio. For more information, visit [sanantonio.gov/SAPD/NationalNightOut.aspx](http://sanantonio.gov/SAPD/NationalNightOut.aspx) or call (210) 207-8927

### OCTOBER 2, 2013 SARR WEDNESDAY NIGHT ZOO RUN

Brackenridge Park in San Antonio. For more information, visit [saroadrunners.com](http://saroadrunners.com).

### OCTOBER 5, 2013 RIVER CITY RUN

Front of the Alamo in San Antonio. For more information, visit [iruntexas.net](http://iruntexas.net) or call (210) 201-3786.

### ST. PETER'S 5K RUN/WALK

Location TBD in San Antonio. For more information, visit [saroadrunners.com](http://saroadrunners.com).

### NAMI COMMUNITY WALK

Morgan's Wonderland in San Antonio. For more information, visit [athleticguild.com](http://athleticguild.com) or call (210) 734-3849.

### HELOTES RUN FESTIVAL

Helotes, Texas. For more information, visit [solersports.com](http://solersports.com) or call (210) 366-3701.

### HOUSE OUR HEROES 5K

Woodlawn Lake Park in San Antonio. For more information, visit [purnellracing.com](http://purnellracing.com) or call (210) 385-8248.

### OCTOBER 6, 2013 HILL CHALLENGE HALF

JW Marriott Resort and Spa in San Antonio. For more information, visit [active.com](http://active.com).

### OCTOBER 10, 2013 DIABETES SELF MANAGEMENT

Baptist Medical Center in San Antonio. For more information, visit [healthpost.com/events](http://healthpost.com/events) or call (210) 297-7005.

### OCTOBER 12, 2013 ST. PJ'S PUMPKIN RUN 5K

919 Mission Road in San Antonio. For more information, visit [iaapweb.com](http://iaapweb.com) or call (210) 533-1203.



### OCTOBER 10, 2013 NORTH CENTRAL BAPTIST HOSPITAL'S 4TH ANNUAL GIRL'S NIGHT OUT

6 pm to 10 pm at the Village at Stone Oak Shopping Center  
Free breast cancer awareness event benefitting Susan G Komen for the Cure. Includes Survivor Fashion Show, free health screenings, food, giveaways, and valuable women's health information! FREE  
Pair of Rampage tickets for the first 250 attendees. For more information call 297-7005.

### BRIGHTER SMILES 5K

Blue Bonnett Palace in San Antonio. For more information, visit [iruntexas.com](http://iruntexas.com).

### 6TH ANNUAL FALL FESTIVAL RUN

Fentress Fire Station in San Antonio. For more information, visit [saroadrunners.com](http://saroadrunners.com).

### OCTOBER 18, 2013 SENIOR ADVANTAGE EVENT

Southwest General Hospital in San Antonio. For more information, visit [fitcitysa.com](http://fitcitysa.com) or call (877) 215-WELL.

### OCTOBER 19, 2013 WALK LIKE MADD

AT&T Center in San Antonio. For more information, visit [sanantonio.madd.org](http://sanantonio.madd.org) or call (210) 349-020.

### WALK TO CURE DIABETES

Seaworld in San Antonio. For more information, visit [2.jdrf.org](http://2.jdrf.org) or call (210) 822-5336.

### TX LONGHORNS 5K/10K

Blue Bonnett Palace in San Antonio. For more information, visit [purnellracing.com](http://purnellracing.com) or call (210) 385-8248.

### TEXAS ROCKS & SHINES 5K/10K

Blue Bonnett Palace Schertz, Texas. For more information, visit [active.com](http://active.com).

### PAINT THE PARKWAY PINK 5K

8 am to 11 am at North Central Baptist Hospital  
A breast cancer fundraiser that includes a 5K Run, 1 Mile Family Walk & Kid's Fun Run, Diaper Dash, and Post Race Health Fair.  
Register at <http://www.painttheparkwaypink.com/>. Survivors and Wounded Warriors are FREE.

### OCTOBER 20, 2013 BATTLE OF LEON CREEK 20K & 20 MILE

Country Place Apartments in San Antonio. For more information, visit [saroadrunners.com](http://saroadrunners.com).



### OCTOBER 26, 2013 AHA HEART WALK 5K

Do something good for your health and good for your heart!  
Join the American Heart Association for the 2013 Heart Walk!  
Bring your friend and family to this year's new location, Nelson Wolff Stadium in San Antonio. For more information, visit [sanantonioheartwalk.org](http://sanantonioheartwalk.org).

### OCTOBER 26, 2013 THE PURPLE RUN 5K

Éilan in San Antonio. For more information, visit [carreraraces.com](http://carreraraces.com).

### OCTOBER 26, 2013 WESTON WRIGHT 5K/10K

Roosevelt & Mission Reach in San Antonio. For more information, visit [athleticguild.com](http://athleticguild.com) or call (210) 531-1533.

### OCTOBER 27, 2013 GUSTO PUSH 13.1M/8M

Leon Creek Trails in San Antonio. For more information, visit [carreraraces.com](http://carreraraces.com) or call (210) 764-9900.

### OCTOBER 31, 2013 HOCUS POCUS 5K

OP Schnabel Park in San Antonio. For more information, visit [carreraraces.com](http://carreraraces.com) or call (210) 764-9900.

## November >>>>>>

### NOVEMBER 2, 2013 WURST 5 MILE RUN

Landa Park in San Antonio. For more information, visit [iruntexas.net](http://iruntexas.net) or call (830) 708-2991

### LEAD THE WAY 5K

Botanical Gardens in San Antonio. For more information, visit [carreraraces.com](http://carreraraces.com) or call (210) 764-9900.

### 5TH ANNUAL SAC BOOTCAMP

Leon Creek Greenway in San Antonio. For more information, visit [purnellracing.com](http://purnellracing.com) or call (210) 385-8248.

### RUN, WALK, ROLL 5K FOR TEAMABILITY

UTHSC in San Antonio. For more information, visit [iaapweb.com](http://iaapweb.com) or call (210) 701-2024.

### 5K BARRIO RUN FOR VETERANS

Westside YMCA in San Antonio. For more information, visit [iaapweb.com](http://iaapweb.com) or call (512) 516-0035.

### NOVEMBER 3, 2013 RUN WITH A MISSION 5K

Mission County Park in San Antonio. For more information, visit [saroadrunners.com](http://saroadrunners.com).

### NOVEMBER 7, 2013 STROKE TALK

Southwest General Hospital in San Antonio. For more information, visit [fitcitysa.com](http://fitcitysa.com).

### NOVEMBER 9, 2013 PRIMITIVE 5K RUN

Brackenridge Park in San Antonio. For more information, visit [active.com](http://active.com).

### THE RUN FOR ME 5K: A RACE WITHOUT LIMITS

McAllister Park in San Antonio. For more information, visit [active.com](http://active.com).

### GLADIATOR SAN ANTONIO.

National Shooting Complex in San Antonio. For more information, visit [active.com](http://active.com).

### NOVEMBER 10, 2013 STUDENTS RUN SOUTH TEXAS

City Park, Kirby Texas. For more information, visit [active.com](http://active.com).

### NOVEMBER 13, 2013 TRY A POR VIDA! HEALTHY FOOD ITEM

The Egg & IH-10 West in San Antonio. For more information, visit [fitcitysa.com](http://fitcitysa.com).

### NOVEMBER 16, 2013 5TH ANNUAL SEIZE THE MOMENT 5K

Eisenhower Park in San Antonio. For more information, visit [active.com](http://active.com).

### NOVEMBER 17, 2013 ROCK-N-ROLL MARATHON

Alamodome in San Antonio. For more information, visit [competitor.com/SanAntonio](http://competitor.com/SanAntonio)

### GREAT AMAZING RACE FAMILY ADVENTURE

Olmos Basin Park in San Antonio. For more information, visit [active.com](http://active.com).

### NOVEMBER 23, 2013 22ND ANNUAL FUN RUN FOR JUSTICE 5K

Olmos Basin Park in San Antonio. For more information, visit [iaapweb.com](http://iaapweb.com) or call (210) 227-8822.

### MUSTACHE DASH

Eilan La Cantera in San Antonio. For more information, visit [carreraraces.com](http://carreraraces.com) or call (210) 764-9900.

### SHINER BEER RUN HALF MARATHON/5K

Spoetzl Brewery in Texas. For more information, visit [saroadrunners.com](http://saroadrunners.com).

### NOVEMBER 27, 2013 MOMMY TO BE NIGHTS

Baptist Medical Center in San Antonio. For more information, visit [healthpost.com/events](http://healthpost.com/events) or call (210) 297-7005.

### NOVEMBER 28, 2013 SARR 38TH ANNUAL TURKEY TROT 4 MILLER

McAllister Park in San Antonio. For more information, visit [saroadrunners.com](http://saroadrunners.com).

### NOVEMBER 29, 2013 TRY THE OUTDOOR FITNESS PARK

Stone Oak Park in San Antonio. For more information, visit [fitcitysa.com](http://fitcitysa.com).

### NOVEMBER 30, 2013 MEDITATION IN THE PARK

San Antonio Museum of Art in San Antonio. For more information, visit [fitcitysa.com](http://fitcitysa.com).

## December >>>>>>

### DECEMBER 1, 2013 3RD ANNUAL SANTA ANTONIO 5K WALK/RUN

Sunset Station in San Antonio. For more information, visit [iaapweb.com](http://iaapweb.com) or call (210) 414-3053.

### STICKS AND STONES

Paesano's in San Antonio. For more information, visit [saroadrunners.com](http://saroadrunners.com).

### DECEMBER 6, 2013 GO ON A NATIVE PLANT WALK

Botanical Gardens in San Antonio. For more information, visit [fitcitysa.com](http://fitcitysa.com).

### DECEMBER 7, 2013 SANTA BOOGIES 5K

Archway Hemisphere Park in San Antonio. For more information, visit [irtutexas.net](http://irtutexas.net).

### GIVE LOVE 5K

McAllister Park in San Antonio. For more information, visit [carreraraces.com](http://carreraraces.com) or call (210) 764-9900.

### TEXAS TRAILS ENDURANCE RUNS

Huntsville State Park in Texas. For more information, visit [saroadrunners.com](http://saroadrunners.com).

### SPICEWOOD VINEYARDS HALF MARATHON AND 10K

Burnet County Road in Texas. For more information, visit [saroadrunners.com](http://saroadrunners.com).

### SARR FREE MONTHLY FUN RUN

McAllister Park in San Antonio. For more information, visit [saroadrunners.com](http://saroadrunners.com).

### JINGLE BELL RUN

Valero Headquarters in San Antonio. For more information, visit [saroadrunners.com](http://saroadrunners.com).

### DECEMBER 8, 2013 2ND ANNUAL WWP 5K

Location TBD in San Antonio. For more information, visit [carreraraces.com](http://carreraraces.com) or call (210) 764-9900.



### DECEMBER 14, 2013 GIRLS ON THE RUN 5K

9am at MLK Park, 3503 Martin Luther King Drive, San Antonio  
Bring your whole family and support Girls on the Run of Bexar County! This fun 5K is the culmination of their fall 2013 season. Completing the 5K gives girls in the program a tangible understanding of the confidence that comes through accomplishment. Runners and walkers of all ages are welcome. Register online at [www.iaapweb.com](http://www.iaapweb.com) or [www.gotrsanantonio.org](http://www.gotrsanantonio.org).



# Question & Answer



By Jennifer, Meachum, RD, LD

**Dear Jennifer,**  
I have the hardest time getting my kids to eat fruits and veggies. Can you offer any help? Melinda

## Got Fuss? No Problem

Picky eaters can be a challenge when you want to ensure your children have a healthy diet. Having a child who is a picky or fussy eater can cause a great deal of concern for parents and often make meal times very stressful.

You are not alone; as a mother of a 3- and 4-year-old, I have these same feeding issues. I have also had my share of "pulling my hair out" moments. So I am happy to share my expertise on this topic not only as a registered dietician but also as a loving mother. Here are some practical, worry-free strategies to deal with your child's dislike of vegetables.

## Provide Veggie Match-Making Experiences

Your child can learn to love veggies through experiences. I love sharing the story of Max, my 4-year-old son, who at the age of two fell in love with a variety of vegetables such as cucumbers, broccoli, baby carrots, and even grape tomatoes. His affinity for these vegetables was a result of a simple experience: gardening with Papa. By helping Papa in his garden, Max developed a sense of pride and appreciation for the vegetables that he helped grow. I realize not everyone may have a garden in their backyard, so some other experiences that may help foster a fondness for veggies, such as, taking a community cooking class at a local grocery stores or hospitals or visiting a Farmer's Market. The good news is all it takes is one experience to turn your child into a veggie aficionado.



Max the gardener

However, do not beat yourself up if you provide the experiences and it doesn't happen. It is our job as parents to provide the exposure and experience, and it is the child's job to decide what and how much they will eat.

## Make Them Your Sous Chef

Get your child involved in every aspect of food preparation at your house. Starting with the grocery store, have your child select the produce, bag it, and weigh it. Use that opportunity to

casually discuss how they would like that veggie prepared (raw, in a salad, steamed with cheese, grilled, dipped in hummus, etc.) and then have them do it. Based on their age, allow them to have a hand in the actual prep whether it is washing, chopping, stirring, or serving. Finally, have your child get creative and name the veggie dish such as "Go- Go Power Ranger Greens" or "Max's Mighty Carrots."

## Explore and Embrace Alternatives

During this fussy eating stage there are foods that can be substituted for the vegetables your child will not eat. Offering these foods can give you peace of mind in knowing that your child is still able to meet their nutritional needs. For example, your child detests carrots, which are rich in Vitamin A. No sweat, because your child loves pumpkin bread, papaya, and sweet potato fries, which are all packed with this important vitamin. Many parents fret because their child will not even take a bite of spinach, which is rich in folic acid and Vitamin C. But if your child loves other foods that are loaded with these nutrients, such as pinto beans, fortified ready-to eat cereals, strawberries, orange juice, and spaghetti with marinara sauce, he or she will be all set. You get the point.

## Consider Undercover Veggies

This strategy entails incorporating vegetables into your child's favorite foods and recipes. Some parents may view this strategy as sneaky or deceitful. On the contrary: It is being creative and patient while your child's taste buds and palate mature and/or they have experienced that connection with vegetables. Grated vegetables such as carrots or zucchini work well in meatloaf, muffins, or quick breads. Pureed vegetables can do some excellent undercover work in soups, sauces, pancake mixes, or smoothies. For example, if your son loves fruit smoothies, try adding a handful of fresh spinach. This addition will result in a tasty, bright green colored smoothie, so give it a fun name such as "The Green Lantern Smoothie." (recipe on page 15) You are now officially the coolest parent in your child's eyes, and you are stress-free in the veggie department! 🍌

# Green Lantern Smoothie

## Recipe

From the Kitchen of  
Jennifer Meachum RD, LD

## ingredients

- 2 Cups fresh baby spinach leaves
- 1 Ripe banana (frozen preferred)
- 1/4 Cup frozen mangos
- 1/4 Cup frozen peaches
- 1/2 Cup greek vanilla yogurt

## directions

Place spinach leaves, banana, mangos, peaches, and Greek yogurt in blender. Blend to preferred consistency.

## nutrition information

Serving Size	1
Calories	236.8
Total Fat	0.9 grams
Cholesterol	0 mg
Sodium	99.2 mg
Potassium	882.9 mg
Total Carbohydrate	46.6 grams
Dietary Fiber	5.3 grams
Protein	4.2 grams

Photograph by Pete Morales, onelifeanalyst.com



# Super Foods:

## What are they and how do I get them?

By Suzanne Parker, RD, LD



Is there such a thing as the perfect food? Finding the best food to eat to is what we are all searching for! Wouldn't it be cool if we could create a list of foods that help us feel great, avoid weight gain, ward off aging, fight chronic diseases, help us build lean muscle, maintain focus, energy and keep cravings away?

The good news is, we experts in the world of Good Eats are working hard to stay on top of the latest research. I have simplified my best advice into three simple tips to transform your diet and your life.

### Enjoy the Good Fats

Because of the latest research on healthy fats, they are number one on my list. Finally, we have brought flavor back to our health foods. Coconut oil, for example, once thought as a bad fat, is actually an excellent source of lauric acid, which has been shown to help improve the body's good cholesterol! Now given a green light to enter the health arena, coconut oil allows us to have wonderful texture to baked goods as well a way a way to whip up a crispy quick fry that we can enjoy and feel good about.

With a little more leniency around fat, we have achieve a tremendous benefit in creating satiety. Adding in fats means we can eat less total volume of calories, feel satisfied and reduce cravings for sweets. Weight loss becomes easier and no more starvation plan to follow with the hopes of losing pounds and inches. Because fats do not affect the insulin response, our blood sugar stays more stable and keeps our brain more alert and focused so we can feel great now! Additional healthy fats are chia seeds, hemp hearts, flaxseeds, macadamia nuts, walnuts, and almonds.

### Focus on Color

Deep, rich color yields high rewards in

polyphenols, phytochemicals, and delightful flavor, too. While we cannot stop the biological clock from ticking away, we can minimize the damage. How? Load up every chance we get with colorful antioxidants.

Anthocyanins, found in red raspberries and blueberries and bright red peppers and paprika, shield us against inflammation, a big factor in heart disease, arthritis, and immune disorders.

Carotenoids are dark yellow, orange and deep green pigments are found in sweet potatoes, pumpkin as well as turmeric, ginger, basil, cilantro and kale. These beautiful colors promise a concentrated source of cancer-fighting antioxidants battling against free radicals.

### X-out Sugar

Through recent studies, it has become crystal clear that we must avoid refined sugar as much as possible. By cutting down on sweets (and yes,

### //// DID YOU KNOW:

Macadamia nuts are an excellent source of omega 7s. The scientific term for this newfound darling of the healthy fats world is palmitoleic acid. Research looks promising on this mono-unsaturated fat for its role in reducing inflammation, nourishing the pancreas and reducing insulin resistance.

that does include diet sweeteners too), your palate learns to appreciate more flavors. Additional bonuses include fewer crazy cravings, less abdominal fat, and more energy.

I often hear my clients say, "I just need a sweet something." My suggestion is a chunk of dark chocolate. You can enjoy a deliciously complex, sublime bittersweet sensation plus a healthy dose of antioxidants. Studies have even shown 30 calories per day of dark chocolate reduced blood pressure by 3 points!

Eating healthy should taste great. I always tell my kids, clients, and customers, "Never eat a food you don't love!" The list of healthy choices does keep growing. The joy is finding your favorite combination. Search for interesting ways to pair flavor, texture and nutrition. Give it a try! Knowing your foods are fully loaded with all these incredible powerhouse nutrients, you'll have extra energy to burn! 🍌

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Yoga at Phil Hardberger Park (Top) Bootcamp (Left)

# Get Your Passport to Fitness with Fit Pass SA

Provided by the San Antonio Parks and Recreation Department

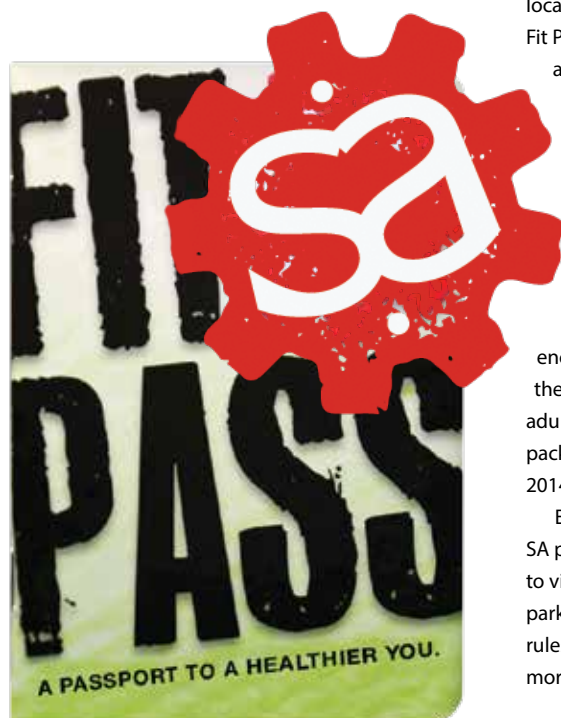
The City of San Antonio Parks and Recreation Department and the Mayor's Fitness Council have joined together to create a one-of-a-kind interactive fitness challenge, Fit Pass SA. Fit Pass SA is a program designed to encourage participants to stay active by offering them the opportunity to win prizes for attending a wide variety of free and low cost wellness activities offered throughout the City.

"We like to think of the program as an interactive fitness scavenger hunt," said Michael Baldwin, Assistant Parks & Recreation Manager. "The program was developed to raise awareness of all of the great wellness programs available to citizens here in San Antonio, as well as to encourage our residents to lead active and healthy lifestyles."

Are you ready for the challenge? Participants can pick up a free Fit Pass SA Passport at any Fit Pass SA event, community centers (listed on the website) or download a temporary passport online at FitCitySA.com.

Next, choose from the activities and events listed in the passport that you wish to attend.

"There are more than 150 activities and events listed in the Fit Pass SA passport with new



activities added every month," said Michelle Martinez, Fit Pass SA Project Manager. "We have partnered with a variety of organizations such as the San Antonio Museum of Art, YMCA, Animal Defense League, Green Spaces Alliance, San Antonio Sports' Fit Family Challenge and many more."

Featured events and activities include Fitness in the Park classes, H-E-B nutritional activities, volunteering with the San Antonio Food Bank and much more. To get credit for participation, locals must have their passports stamped by a Fit Pass SA representative at each event. Every activity has a designated point value, so the more events attended, the more points earned. When the program concludes in March 2014, turn in your Fit Pass and win! Participants with 50 points or more will earn a Fit Pass SA gift pack and will automatically be entered to win bigger prizes, including fitness equipment, gift cards and bicycles. Participants are encouraged to keep attending events beyond the first 50 points, as the overall top youth and adult point earners will be awarded grand prize packages and recognized at Siclovía in March 2014.

Earn two points just for following the Fit Pass SA program on Twitter @SAParksFitness. Be sure to visit [www.FitCitySA.com](http://www.FitCitySA.com) or [sanantonio.gov/parksandrec/FitpassSA.aspx](http://sanantonio.gov/parksandrec/FitpassSA.aspx) for complete details, rules and ongoing activities or call 207-3000 for more information.

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# Families that Play TOGETHER, Stay Healthy TOGETHER

By Louis Lopez

With growing statistics of chronic illnesses on the rise, especially in our children, we hear more and more about how important it is for families to play together. What we don't hear is an explanation of how to implement physical activity in a very busy family life.

Think increasing physical activity requires joining a gym or some type of workout facility? Don't worry! Your everyday life offers many opportunities to get moving. Families can try different activities based on their interests as well as the most critical piece to ensuring sustained behavior: FUN.

Families that focus on playing together and having fun not only create a healthier family but also a healthier community.

Although everyone would agree that families should play together more often, time is still

a challenge. Allocating time for exercise and activity may seem impossible. How are we supposed to squeeze play into our overloaded

“and don't forget it has to be FUN!”

weeks? It begins with making a commitment to yourself and your family. We value the importance of our work schedules because we know if we don't work, we don't get paid. Let's consider the importance of our play schedule: If we don't play, we don't get or stay healthy. If we don't stay healthy, we can't fully enjoy life or the ones we love. Make your play schedule just as important as your work schedule; both have benefits we cannot live without.

Developing your play schedule should involve identifying activities that are fun for each member of your family. Get everyone involved in this process so that everyone has an opportunity to provide input on activities that are important to them. Remember that physical activity is anything that gets you moving — and don't forget it has to be FUN! Go bike riding or hiking, build a family garden, play at your local parks, walk your pets, swim, or play outside. There are also many community events that provide a great mix of family time and physical activity, such as Siclovía, Fitness in the Parks and Fit Family Challenge.

You can learn about more healthy community events and ideas to add to your play schedule by visiting [fitcitysa.com](http://fitcitysa.com).

Together we can change the health of our community by having fun with our families! 🌱

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# Food Allergies

Is your child susceptible?



Elizabeth and Rene Luna with their son, Sebastian

By Elizabeth Luna

As a first time mom, I learn something new daily about caring for my infant son, Sebastian. My husband and I make it a point to educate ourselves on childhood vaccinations, ensure our son gets quality sleep, has the proper potty functionality and receives the proper nutrition.

Many new parents and their newborns go through a significant transition upon returning home from the hospital. We learned early on that "something" was causing problems for our baby. The cause turned out to be food allergies - allergies that were also linked to some of the most common vaccinations.

At six weeks old, Sebastian began exhibiting an unexplained, severe skin rash, or baby eczema, on his face, forearms, and calves along with restlessness.

As he grew older, well-intentioned family members suggested we introduce new foods to him including eggs and cow's milk. Pediatricians told us Sebastian's condition was "normal." But I knew there had to be a logical explanation.

As parents, we all get "gut" feelings about things affecting our child(ren). It's important to trust those instincts. While our pediatrician

initially discouraged the need for food allergy testing because of his young age, my gut told me I should. I'm glad that I did.

In less than two hours, I learned that our little one is allergic to cow's milk, eggs, strawberries and cats. If I had fed him the cow's milk-based formula or eggs my baby could have had some serious, possibly life-threatening side effects including swelling of the tongue, lips, anaphylaxis and possibly death. Now, he's been prescribed an epinephrine pen to counteract allergic reactions.

In interviewing pediatric allergist, Dr. Dennis Dilley, I learned that babies can exhibit signs of allergies as early as six weeks old. The most common allergies are in order: cow's milk protein, eggs and soy.

Additionally, few pediatricians complete a food allergy rotation in medical school; therefore, few see the need for testing on babies.

I was surprised to learn in speaking with the Health Department and confirming with CDC.gov that some vaccinations contain egg protein, which means Sebastian is allergic to them as well.



Sebastian with food allergy

I was cautioned to have vaccinations, such as the flu vaccine, administered by a pediatric allergist to ensure there were no life threatening side effects.

So what are signs that your child may have allergies? According to Dr. Dilley, mild symptoms include: eczema, bloating, itchy skin. Severe signs include: anaphylaxis, hives, swelling of face, lips, tongue, difficulty breathing, cough. What can parents do?

Talk to your child's pediatrician, share family medical history about allergies and ask for allergy testing. Babies can be tested as early as six weeks old via a blood test or skin test.

Tell your child's teachers, school nurse and all caregivers about your child's allergies.

If your child has severe allergies, get an epinephrine pen or Auvi-Q pen and carry it with you everywhere your child goes. Learn how to use it. Train your child's caregivers to do the same.

Sebastian now wears an allergy alert bracelet and has an Auvi-Q pen every time he leaves the house; has an allergy alert sign in the car and at daycare to inform others.

Avoid the foods your child is allergic to.

Be mindful of food cross contamination. Pre-packaged foods are the worst offenders. Some manufacturing plants produce food on the same lines as allergy inducing foods like milk, soy and nuts.

Our child(ren) may not come with an instruction manual, but you have what it takes to care for them. Be informed. Consult with your child's doctor. Get second opinions. Most importantly, trust your instincts. Knowledge is power. And it could just save your child's life. 🌱



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# Strong partnerships have been forged.

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# Support continues to grow.

Philanthropic support since January 2013, includes \$3 million from The USAA Foundation, \$20 million from Goldsbury Foundation, and \$3 million from Harvey E. Najim and the Najim Family Foundation.

# The momentum is building.

As we remain fully operational and continue to provide care, we are the only health system actively building a freestanding, world-class, state-of-the-art children's hospital for San Antonio and South Texas.

# Our children will always be first.™



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