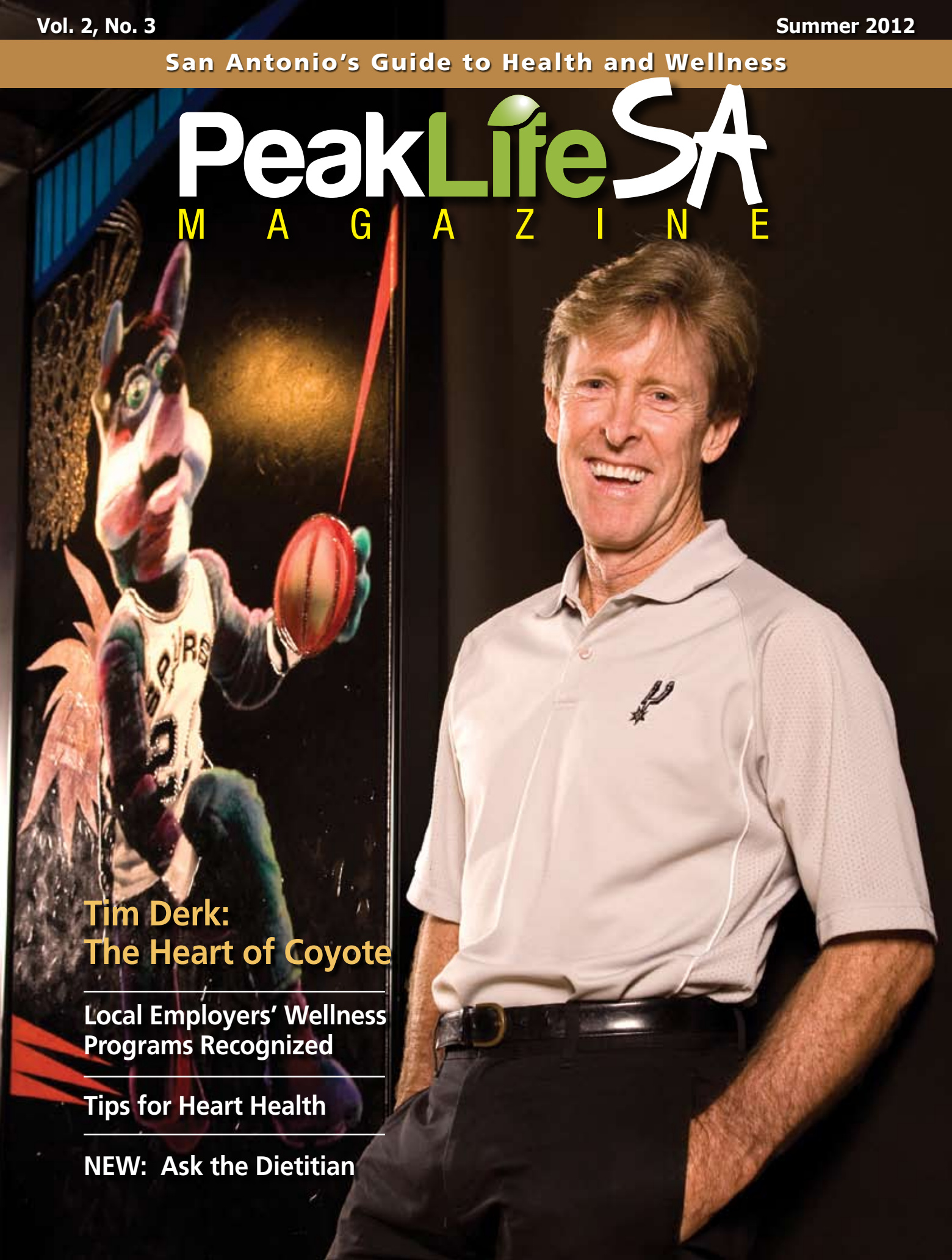


San Antonio's Guide to Health and Wellness

# PeakLifeSA

M A G A Z I N E



**Tim Derk:  
The Heart of Coyote**

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Local Employers' Wellness  
Programs Recognized

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Tips for Heart Health

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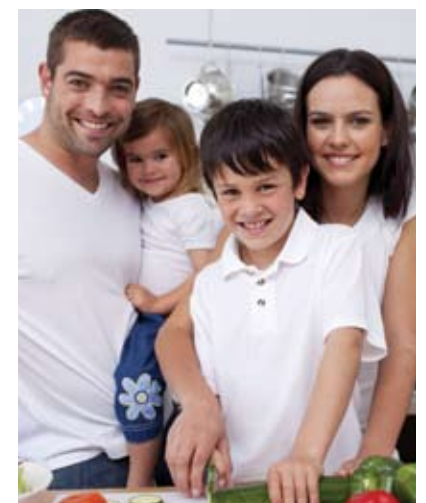
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## Letter From the Editor



Happy Summer, SA!

The kids are out of school, and the sun is shining. It's a great time to increase your activity level. A friend of mine who is a teacher in NEISD has challenged his family members to each walk 100 miles over the summer. He calculated that they will need to walk approximately 1.4 miles a day. They will be logging their miles each week and having a celebration as they accomplish their goals. We give high marks to Aaron and his family for making fitness fun.

As we enjoy the summer sun, it seems like an ideal time to open a dialogue about heart health. Heart

disease runs rampant in our country, especially right here in San Antonio. The good news is that it is highly preventable by making small, permanent lifestyle changes.

My wakeup call to heart health came when my older sister, Donna, started having fainting spells in her late thirties. As an assistant district attorney with a demanding job and many public appearances, random fainting spells were not on her docket. For months, the doctors ran test after test and tried various drugs (beta blockers, blood pressure, water pills, etc.), but nothing seemed to help. Her cardiologist realized that a heart murmur and a slow heartbeat were causing the spells. After exhausting less-invasive measures, at the young age of 41, she received a pacemaker. I am extremely grateful for this technology that has vastly improved her lifestyle, and I'm happy to report that she is doing well today. (And she has a whole new repertoire of jokes about being battery-operated.)

Witnessing my sister's struggle made it crystal clear that heart disease is not a "man's disease" or an "old person's disease." In fact, it's the number one killer of women. According to the American Heart Association, nearly 28 percent of

San Antonio area deaths each year are attributed to cardiovascular disease. That's more than 1 in every 4 deaths. Fortunately, there's so much that we can do to maintain heart health. And it's pretty basic stuff: eat right, exercise, stop smoking, manage blood pressure and learn to deal with stress.

In this issue, we talk to the energetic and incomparable Spurs' Coyote originator, Tim Derk. Tim survived a stroke and leapt back to health Coyote-style. His story reminds us all to listen to the signs and signals that our bodies are sending us. Today, he's as athletic as ever and inspires others to find ways to incorporate healthy habits into their lives.

I would be remiss if I didn't add a big, heartfelt "thank you" to the San Antonio chapter of the American Heart Association, especially their Communications Director, Lisa Cruz. Not only did Lisa collaborate on the editorial for this issue, but she shares with us her own journey of finding health and shedding more than 100 pounds. Way to go, Lisa!

Enjoy a happy and vibrant summer! 🍃

Dianne

Dianne Glover, Publisher  
PeakLife SA Magazine

### Life's Simple 7

The American Heart Association has defined what it means to have ideal cardiovascular health, identifying seven health and behavior factors that impact health and quality of life. We know that even simple, small changes can make a big difference in living a better life.

Known as "Life's Simple 7," these steps can help add years to your life:

1. Stop smoking
2. Maintain a healthy weight
3. Eat a healthy diet
4. Engage in regular physical activity
5. Manage blood pressure
6. Take charge of cholesterol
7. Keep blood sugar, or glucose, at healthy levels

### Take Action!

Take the My Life Check Assessment. Go to <http://mylifecheck.heart.org> for your personalized health assessment.

## Coyote Creator Tim Derk on Life After a Stroke



By Lisa Cruz, Director of Communications, American Heart Association—San Antonio

A former tennis player and instructor, a community theater actor turned NBA mascot, Tim Derk was the picture of exceptional health. He could run, jump, tumble, and leap tall buildings, well maybe not buildings, but he won the mascot basketball dunking competition despite having an exploded bursa in his elbow in 1996.

Derk, the creator and wearer of the Spurs coyote mascot from 1983 until 2004, was in great physical shape. So, when he was admitted to the hospital on February 13, 2004, he, his family and fans were shocked to learn that he had suffered a stroke that left him paralyzed on his right side and with slurred speech. "I was used to being dinged up and dehydrated, so I ignored the signs and symptoms." Derk explained. "When I started experiencing dizziness, I just

*"I used to run a mile in 5 minutes, and now I can only run a mile in 6:50. If that's your biggest problem in life, there really aren't any problems."*

figured I needed to drink more water, but my body was telling me there was a train wreck coming. I had 12 mini strokes called TIAs, but I didn't think a stroke was possible."

According to the American Stroke Association, every 40 seconds someone suffers a stroke. If a stroke doesn't kill, it might cause physical or mental disability. Strokes occur when a blood vessel that carries oxygen and

nutrients to the brain is either blocked by a clot or bursts. When that happens, part of the brain cannot get the blood (and oxygen) it needs, so it starts to die. Ischemic strokes, which are the type of stroke Derk had, are caused by the blockage of a blood vessel. In Derk's case, the blockage occurred in a blood vessel leading to the brain.

While the origin of his stroke was rare, he credits his overall health and physical therapy with his quick recovery. "I was completely paralyzed on my right side, but early on in my therapy, a couple of weeks in, I could move my right thumb and feel the texture of the nurse's gloves, and I knew I was going to be OK," Derk said. His physician wouldn't make any guarantees but said he should recover to the point of being "able to fool the average Joe," within a year's time.

"Physically, I can't do a lot of the things I used to do, but when you put

everything into perspective as to your limitations, I'm pretty lucky," Derk said. "I used to run a mile in 5 minutes, and now I can only run a mile in 6:50. If that's your biggest problem in life, there really aren't any problems. I feel blessed to have come back from the stroke as far as I have and maintain the abilities I still have and move on."

Derk has become a true advocate for stroke education and awareness and a promoter for positive living. "I am definitely a firm believer in the yin and yang of life," Derk said. "Whether it's a stroke or losing a job, loss of a loved one, we all have our challenges, but (the stroke) gave me a true perspective on what's important and what's not. You can try to appreciate your children or friends, but an event like this really makes you stop and think about the fact that things can happen to you at any time, so I'm going to be as nice as possible, because that might be the last time we meet. It's not a foreboding message but more of an appreciation of things ... seeing the sky a little bluer or the sun a little brighter."

Making people laugh and smile is truly a part of who Derk is and explains how he was able to turn the Spurs' Coyote into one of the most beloved mascots. Derk first appeared as the Spurs Coyote in April 1983 in Hemis-

*continued on page 6*



Photo courtesy of D. Clarke Evans  
NBAE Getty Images

continued from page 5

Fair Arena when the Spurs played a historic double-header against the Los Angeles Lakers. Derk made more than 5,000 appearances as the Coyote, appearing in more than 1,100 games and making nearly 200 community appearances each year.

"When I got home from the hospital, there were more than 10,000 emails in my inbox," Derk said. "Some of them said things like, 'We appreciate what you've done; we've always admired your work,' and others said, 'You were what made me bring my son to a basketball game for the first time,' or 'Seeing you interact with children made me want to be a better father.' I dare anyone to read those and not get emotional." He added that while he knew the character had gone way beyond "Clown College," he had not realized the extent to which he had affected people's lives. Even other mascots around the country showed their support, wearing "TD" armbands during televised games following Derk's stroke.



"To be acknowledged by your peers, there's nothing better," Derk said.

In 2007, the Coyote was inducted into the mascot Hall of Fame, and Derk was recently nominated for the 2012 San Antonio Sports Hall of Fame. Having retired wearing his furry suit, Derk returned to his community theater roots in 2005 and won a Globe Award for "Best Actor in a Musical" at the ATAC Gala that year. "I feel now that the circle of Theater-Coyote-Theater is now complete."

Although Derk no longer serves as the Coyote, he certainly spreads cheer and passion for the Spurs, serving as the Associate Manager of Service Innovation for Spurs Sports & Entertainment. He also maintains a healthy lifestyle and encourages family and

co-workers by example. Derk logged 1.4 million meters last year on his rowing machine while watching TV at home. "I row during the shows and sprint row during the commercials!" And, at work, it's not unusual to see Derk doing pushups by the copier, as he aims to do 10 pushups every time he makes a copy. Last year, he did more than 45,000 pushups at the office.

"Health and wellness should not be a decision you make this week or next, but a lifestyle," Derk explained. "It's not something you put on your to do list, but it should become part of the fiber of who you are and worked into your daily activity." 🍃

### Signs of a Stroke

Call 9-1-1 immediately and say "I think this is a stroke" if you or someone you're with has any of these stroke warning signs:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance, or coordination
- Sudden severe headache with no known cause



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# SA Success Story: Lisa Cruz



by Rose Marie Eash

Lisa Cruz was 27 years old with two young children, a full-time job, a husband and a new home to take care of, so losing 120 pounds was not high on her to do list, but Lisa was tired of being tired and decided to take charge of her health.

Lisa struggled with her weight most of her adolescent and adult life. "When I hit middle school, I started to gain weight and was overweight in high school. My junior year I lost weight in a bad way - I just stopped eating and as a result got really sick. Unfortunately when I started eating again, I went to other extreme, and by the time I went to college I had gained a lot of weight. Once in college, instead of gaining the 'freshman 15' most people talk about, I put on 50 more pounds and never lost it."

Her weight loss journey started just after her second pregnancy, weighing at the time more than 260 pounds. Just after her son was born, she started having trouble with her blood pressure and experiencing edema in her legs. "I just didn't feel good," Cruz said. "I decided I didn't want to live my life overweight. I felt like I was just eating myself to death."

Lisa started by changing her eating habits. She cooked more at home and gave up drinking soda. "Most people think these are difficult changes to make, but I didn't suddenly give up all sugar and salt," said Lisa. "It was

a slow process. I started eliminating and switching out foods one at a time. It was about making a commitment to be healthier."

She also started incorporating exercise into her routine - beginning with yoga. "Stress is a big factor, especially for women, in terms of keeping weight on," said Lisa. Yoga helped lower her stress. With dietary changes and a regular yoga practice, Lisa lost 50 pounds in the first year.

After that year, Lisa knew that she needed to take it up a notch, so she joined a gym and added weight lifting to her routine. She also started counting calories and making simple food swaps. Instead of dressing or condiments, she would add more nutrient-dense substitutes, such as avocados or hummus.



*"It was a slow process. I started eliminating and switching out foods one at a time. It was about making a commitment to be healthier."*

It took Lisa another five years to reach her goal weight, often hitting a plateau for months at a time. "There were months that I wouldn't see the

scale move and it was very discouraging. I would tell myself that I wasn't working hard enough, I wasn't good enough, or maybe I was just meant to be heavy. I'd cry and then I'd eat, and then I would feel bad about myself. Luckily, I don't take myself too seriously, and I only allow myself so much self pity before I get bored with my own negative thoughts. I've learned portion control is critical, and I've also learned to cut myself some slack. I'm not perfect, but I'm always allowed a do-over."

Exercise was a bit easier for Lisa. On days that she didn't feel like exercising, she would take a walk. "I know

*continued on next page*



BEFORE



AFTER

once I am up and out of the house, I'll be active."

Lisa thanks her support system including her husband of nearly 20 years, Michael Cruz. "He loved me at my heaviest and loves me at my ideal weight. When I committed to a lifestyle change, he essentially had to make that same commitment, but he handled it with grace and enthusiasm. He takes care of our boys or handles household chores when I'm working out and vice versa, and he even changed his eating and exercise habits so that our whole family was participating."

Today, Lisa works out at least five days a week and eats mainly fresh fruits and vegetables and a high protein diet - lean red meat, chicken, fish. She has cut out processed foods. Making simple healthy choices and sticking to her plan are her keys to success. If she has lunch meetings during the week, she'll research the restaurants' nutritional information in advance and be armed with information before she arrives.

Lisa has also amped up her exercise regime by adding running. "When I took up running, I started by training for a half marathon. Now, I have finished three half marathons and last year completed the full San Antonio

Rock 'n' Roll marathon."

Lisa is now at her goal weight and she really doesn't pinpoint a specific number but rather a range she's comfortable in. "As long as I'm within that range, still exercising and eating right, that works! My happiness is no longer gauged by an exact number on the scale."

Being raised in a Hispanic family,

Lisa said that food has always been the mainstay of family gatherings. Her family and friends served as motivation and inspiration along the way. Her co-workers still serve fruit on her birthdays, and her family knows that salads and vegetables will always be served at family get-togethers.

Additionally, Lisa feels calmer and more centered today. "Little things don't bother me as much, and I'm more open to new things. I work for the American Heart Association and have an opportunity to spread a health message to a greater number of people; I want to make a difference."

"People want you to succeed," Lisa said. "When I first started going to the

gym, I was still more than 200 pounds, but no one was looking at me in a negative way. They all wanted me to be successful. I have come to know that people truly and profoundly care. My advice to others is to just get started. The process itself is a wonderful experience."

*Rose Marie Eash is a senior account manager with Dublin & Associates and a freelance writer.*

## Ask The Dietitian



By Jennifer Meachum, RD

**Question:** Are foods labeled "fat-free" good for me in terms of heart health? From Nicholas in North Central San Antonio

Not necessarily. It is true that the American Heart Association recommends following a low-fat diet for heart health. However, processed fat-free foods such as fat-free chips, salad dressings and baked goods can be detrimental to heart health since these products are often replacing the fat with sugar and/or salt, and they are low in nutrient content. Choosing fat-free processed foods can lead to a feeling of deprivation and craving for the "real thing."

The purpose of fat in food is to provide texture, mouth feel and satiation until the next meal. Also, "fat-free" does not mean "calorie-free." Many fat-free foods have the same amount of calories as the regular version, but we tend to eat more since these foods

are perceived as "good for you." Therefore, overeating of fat-free foods can contribute to undesirable weight gain, negatively impacting heart health.

My advice is instead of filling your pantry and fridge with fat-free processed food, aim for naturally fat-free foods such as fresh fruits, vegetables, legumes, and whole grains. These foods are loaded with vitamins, minerals and fiber which are excellent for heart health. And the next time you have a craving for ice cream, pass on the fat-free and enjoy a small amount of the full fat version instead.

*Do you have a question for Jennifer about eating well? Please send your questions to [info@peaklifewellness.com](mailto:info@peaklifewellness.com).*



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### Spring Greens with Salmon and Apricot-Ginger Vinaigrette

Serves 4; 2 cups salad and 2 table-

spoons dressing per serving

This crunchy combination of spring greens, baby spinach, red cabbage, and snow peas is powered up with salmon and topped with a sweet apricot-ginger vinaigrette.

#### Apricot-Ginger Vinaigrette

- 1/4 cup all-fruit apricot spread
- 1/4 cup fresh orange juice
- 2 tablespoons white wine vinegar
- 1 tablespoon sugar
- 2 teaspoons grated peeled gingerroot
- 1/8 teaspoon crushed red pepper flakes
- 1/8 teaspoon salt

#### Salad

- 4 cups mixed salad greens (spring mix preferred), torn into bite-size pieces
- 2 cups baby spinach leaves
- 1 cup shredded red cabbage
- 1 cup fresh or frozen snow peas, thawed if frozen, trimmed and halved diagonally
- 1 7.1-ounce vacuum-sealed pouch pink salmon

In a food processor or blender, process the vinaigrette ingredients until smooth.

Put the salad ingredients except the salmon on a serving platter. Pour the dressing over the salad. Toss gently. Crumble the salmon on top. Serve immediately for peak flavors and texture.

NUTRITION ANALYSIS (per serving)	
Calories	128
Total Fat	2.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0.5 g
Cholesterol	18 mg
Sodium	366 mg
Carbohydrates	17 g
Fiber	3 g
Sugars	12 g
Protein	11 g

Dietary Exchanges: 1/2 fruit, 1 vegetable, 1 1/2 very lean meat

This recipe is brought to you by the American Heart Association's Face the Fats campaign. Recipe copyright © 2009 by the American Heart Association.

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## Are You Truly Sun Smart?



By Donna Budjenska

Let's say you've bought into the notion that a suntan is a "healthy" look. Now, let's see how much you really know about sun exposure. Sharpen your pencils and dig into this True-False quiz.

1. I look better with a tan.
2. My body needs Vitamin D, which the UV rays in sunlight help my body produce, so I have to go tanning outside or use a tanning bed.
3. Being darker skinned means I can take more sun than someone who's light-skinned. Burning and skin cancer aren't a risk for me.
4. I'm young, and I can worry about skin cancer later.
5. Sunscreen labels are too confusing.
6. Putting on sunscreen once in the morning isn't enough for the day. I know I need to reapply often if I'm outdoors.
7. I can just have a skin cancer spot scraped off. No biggie.

All done? Ok, let's go through the answers.

1. Sorry to burst your bubble, but it's false. You were born with a skin color that's lovely all on its own — whatever it is. When did it stop being beautiful in your eyes? A suntan is the skin's reaction to UV damage, and later on you'll pay

for it by having caused premature aging and increased your risk for developing skin cancer. If you're not satisfied with your own skin color, use a sunless tanner or spray tan instead.

2. It's true we need Vitamin D and that sunlight helps your body convert it for use. But many high-quality supplements will get you the daily requirements you need without increasing your risk for skin cancer.
3. False. Here are the most recent lifetime risk assessments according to the Melanoma Research Foundation: 1 in 50 for whites, 1 in 1,000 for blacks, and 1 in 200 for Hispanics. The risk varies, yes, but it's still there for all of us.
4. False, false, false! Melanoma is the second most common cancer among people ages 15-29. This is a fairly recent trend that many experts attribute to a rise in the use of tanning beds and lamps. The World Health Organization's International Agency for Research on Cancer now classifies tanning devices in the highest cancer risk category — along with tobacco and poison gas.
5. True, indeed. That's why the FDA now has new standards. Some of the highlights are:
  - a. Broad-spectrum sunscreens can state that they reduce risk of skin cancer and premature skin aging. But products that are labeled with an SPF (sun protection factor) lower than 15 have to carry a warning that they have not been shown to reduce those risks.
  - b. Sunscreens can no longer claim to be 70, 80, or 90 SPF. The new limit is "50+" — there's just not enough data to show that products with an SPF higher than 50 provide more protection.
  - c. Sunscreen labels can only use the claim "water resistant." Labels also have to state how long the protection lasts, and finally, labels can't contain the word "sunblock" any more. There's no proof they block all radiation in sunlight.



6. True. Now, are you using enough? Use a quarter-sized amount for your face, and about a full shot glass' worth for the rest of your body. Bring enough broad-spectrum sunscreen to reapply every two hours if you're out all day — rain or shine — and reapply often if you're tubing, swimming, or sweating. Use a big hat and sunglasses, and cover exposed skin if you're not in the water.
7. False. If you think it's no big deal to have a skin cancer, then let the facts set you straight: Anyone who's had a skin cancer has a higher risk of developing ANOTHER cancer, including lung, colon, and breast cancer. Melanoma, the deadliest skin cancer, can start anywhere on your body and grow and spread to other body organs.

At a recent free skin cancer screening conducted by San Antonio Dermatological Society/the START Center for Cancer Care, 150 out of 700 people were found to need biopsies. That's about 1 in 5 people, right here in San Antonio.

Don't become a statistic for no good reason. Treat your skin with the respect it deserves as your body's largest organ — and as the first thing people see when they look at you.

*This article only hints at the many important facts about sun exposure, skin cancer, and sunscreens. For more, visit trusted resources such as the Cooper Center (cooperaerobics.com), the START Center (thestartcenter.com), the Skin Cancer Foundation (skincancer.org), and the Melanoma Research Foundation (melanoma.org).*

*Donna Budjenska is PeakLife SA's managing editor and an Independent Consultant with Rodan+Fields Dermatologists, donnabud.myrandf.com.*

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# What's Happening Around SA!

## May - August 11th 2012 - San Antonio Sports Fit Family Challenge



Families are encouraged to participate in this free city-wide event. Exercise 60 minutes a day, track physical and nutrition activity, and attend at least three FFC events for a chance to win one of four \$1,000 cash prizes! Participate in one or all four 3-week programs this summer. More than 85 FFC events are conveniently located in neighborhoods and offer resources to keep your family fit and healthy throughout the program. For more information, visit: [www.fitfamilychallenge.com](http://www.fitfamilychallenge.com), or call: 210-820-2100

- **July 1st 2012 - Tri for Old Glory Olympic/Sprint Triathlon - San Marcos, Texas**  
For more information, visit: [www.redemptionrp.com](http://www.redemptionrp.com)
- **July 4th 2012 - Freedom Day 4 Miler**  
Located at OP Schnabel Park. For more information, visit: [www.saroadrunners.com](http://www.saroadrunners.com) or call: 210-490-9987
- **July 4th 2012 - Run 4 Fun 5K**  
Located in Schertz, Texas. For more information, visit: [www.purnellracing.com](http://www.purnellracing.com) or call: 210-385-8248
- **July 6th 2012 - TAAF Youth Track Meet**  
Located in Boerne, Texas. For more information, visit: [www.active.com](http://www.active.com) or call: 210-289-3534
- **July 7th 2012 - Freeda's 5K Fun Run**  
Located at University of the Incarnate Word. For more information, visit: [www.freedasrun.com](http://www.freedasrun.com) or call: 210-558-7828
- **July 9th 2012 - Free Spirits Open Track Meet**  
Located at MacArthur HS. For more information, visit: [www.freespiritstrack.org](http://www.freespiritstrack.org) or call: 210-822-6634

- **July 9th 2012 - Pinwheel 4 Hope 5K**  
Located at Clarity Church. For more information, visit: [www.active.com](http://www.active.com) or call: 210-582-6406
- **July 11th 2012 - SARR Zoo Run**  
Located at Brackenridge. For more information, visit: [www.saroadrunners.com](http://www.saroadrunners.com) or call: 210-735-8037
- **July 14th, 2012 - Friends of Government Canyon and the Sierra Club**  
Starts at 8:00am - 12:00pm. Join us for this guided hike on one of the many trails. For more information, call: 210-838-1952
- **July 14th 2012 - Orange Leaf Marathon/Half**  
Located in New Braunfels, Creekside. For more information, visit: [www.active.com](http://www.active.com) or call: 830-708-2991
- **July 15th 2012 - Hot to Handle 5K/15K**  
Located in Boerne, City Lake. For more information, visit: [www.runonsanantonio.com](http://www.runonsanantonio.com) or call: 210-494-7869
- **July 16th 2012 - Free Spirits Open Track Meet**  
Located at MacArthur HS. For more information, visit: [www.freespiritstrack.org](http://www.freespiritstrack.org) or call: 210-822-6634
- **July 18th 2012 - SARR Zoo Run**  
Located at Brackenridge. For more information, visit: [www.saroadrunners.com](http://www.saroadrunners.com) or call: 210-735-8037
- **July 21st 2012 - Women's 5K Run/Walk**  
Located at Lincoln Heights. For more information, visit: [www.saroadrunners.com](http://www.saroadrunners.com) or call: 210-490-9987
- **July 21st 2012 - Texas Band 5K**  
Located at the Convention Ctr, San Antonio. For more information, visit: [www.purnellracing.com](http://www.purnellracing.com) or call: 210-385-8248
- **July 21st 2012 - Dog Days 4 Miler**  
Located in New Braunfels, Landa Park. For more information, visit: [www.solarsports.com](http://www.solarsports.com) or call: 210-366-3701

- **July 23rd 2012 - Free Spirits Open Track Meet**  
Located at MacArthur HS. For more information, visit: [www.freespiritstrack.org](http://www.freespiritstrack.org) or call: 210-822-6634
- **July 25th 2012 - SARR Zoo Run**  
Located at Brackenridge. For more information, visit: [www.saroadrunners.com](http://www.saroadrunners.com) or call: 210-735-8037
- **July 27th 2012 - Chupacabra 5K**  
Located at Blossom Golf. For more information, visit: [www.runintexas.com](http://www.runintexas.com) or call: 210-651-6096
- **July 28th 2012 - Tyler Behrens 5K (YMCA)**  
Located in Kerrville at Schreiner Park. For more information, visit: [www.athleteguild.com](http://www.athleteguild.com) or call: 830-377-2125
- **July 29th 2012 - Beat the Heat 5K**  
Charity fundraiser. For location and more information, visit: [www.fortheloveofthekids.com](http://www.fortheloveofthekids.com)
- **July - November 11th 2012 - iRock-SATM**  
Train for the 2012 San Antonio Rock 'n' Roll Marathon / Half Marathon. We accept athletes of all abilities, age levels, and paces (including walkers). For more information, email: [info@training210.com](mailto:info@training210.com) or visit: [www.training210.com](http://www.training210.com) See ad on pg. 17
- **August 1st 2012 - SARR Zoo Run 2M**  
Located at Brackenridge Park. For more information, visit: [www.saroadrunners.com](http://www.saroadrunners.com) or call: 210-735-8037

## August 4th 2012 - North Central Baptist Hospital Summer Celebration



7th Annual Summer Celebration starts at 10:00 am - 1:00 pm  
Free event at Rolling Oaks Mall - Enjoy family fun, entertainment, free health information and giveaways from local physicians. You will enjoy health & wellness vendors, free health screenings and refreshments. For more information, call: 210-297-7005

- **August 8th 2012 - SARR Zoo Run 2M**  
Located at Brackenridge Park. For more information, visit: [www.saroadrunners.com](http://www.saroadrunners.com) or call: 210-735-8037
- **August 11th 2012 - Greater Gator Olympic Triathlon**  
Located in Boerne, Texas. For more information, visit: [www.redemptionrp.com](http://www.redemptionrp.com)
- **August 11th 2012 - Friends of Government Canyon and the Sierra Club**  
Starts at 8:00am - 12:00pm. Join us for this guided hike on one of the many trails. For more information, call: 210-838-1952
- **August 12th 2012 - C.O.P.S. on Run 5K/12K**  
Located at the Blue Star Brewery. For more information, visit: [www.purnellracing.com](http://www.purnellracing.com) or call: 210-385-8248
- **August 15th 2012- SARR Zoo Run 2M**  
Located at Brackenridge Park. For more information, visit: [www.saroadrunners.com](http://www.saroadrunners.com) or call: 210-735-8037
- **August 19th 2012 - Lost Pines Sprint Triathlon**  
Located in Bastrop, Texas at Bastrop State Park. For more information, visit: [www.redemptionrp.com](http://www.redemptionrp.com)
- **August 22nd 2012 - SARR Zoo Run 2M**  
Located at Brackenridge Park. For more information, visit: [www.saroadrunners.com](http://www.saroadrunners.com) or call: 210-735-8037
- **August 29th 2012 - SARR Zoo Run 2M**  
Located at Brackenridge Park. For more information, visit: [www.saroadrunners.com](http://www.saroadrunners.com) or call: 210-735-8037
- **September 8th 2012 - Wurst Tri Ever Sprint Triathlon**  
Landa Park New Braunfels, Texas. For more information, visit: [www.redemptionrp.com](http://www.redemptionrp.com)
- **September 8th 2012 - Friends of Government Canyon and the Sierra Club**  
Starts at 8:00am - 12:00pm. Join us for this guided hike on one of the many trails. For more information, call: 210-838-1952

## September 22nd 2012 - Step out for the San Antonio Walk for Polycystic Kidney Disease (PKD)



Walk starts at 9:15 am located at the Joske Pavilion, Brackenridge Park. Signature fundraiser for PKD Foundation!!!! No registration fee. Raise \$100, earn t-shirt! 1K and 5K routes. Live DJ, great food, door prizes, and a penny dash for children. For more information, email: [sanantoniowalk@pkdcure.org](mailto:sanantoniowalk@pkdcure.org) visit: [www.pkdcure.org](http://www.pkdcure.org) or call Patti at: 210-414-6614 See ad on pg. 20

- **September 22nd 2012 - Toobabaloosa Adventure Race**  
Gruene, Texas. For more information, visit: [www.redemptionrp.com](http://www.redemptionrp.com) See ad on pg. 9
- **September 25th 2012 - Jalapeno del Sol 10K/1K for Kids**  
Located at McAllister Park. For more information, visit: [www.athleteguild.com](http://www.athleteguild.com)
- **September 29th 2012 - 4th Annual Weston Wright "Lighting the Way" 10K/5K.**  
Registration at 7:30am race begins at 8:00am. Proceeds go to the Blind

Youth Rehabilitation Programs at the San Antonio Lighthouse. For more information, visit: [www.salighthouse.org/events](http://www.salighthouse.org/events) or call: 210-531-1533

- **October 7th 2012 - Siclovia San Antonio's Family Adventure**  
A non-competitive event that shuts down busy San Antonio streets and turns them into a big recreational event for families to enjoy. For more information, visit: [www.siclovia.org](http://www.siclovia.org). See ad on pg. 23.



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# You Don't Have to Race to Be a Race Walker!



By Bert Pickell

You don't have to "race" to be a race walker. You don't even have to walk fast to begin getting the benefits from the most efficient form of fitness: walking. However, in time, you will become a quicker walker and still be able to enjoy the experience of strolling through your neighborhood.

"Race walking" is a term used to define a style of fitness walking. Race walking is the most efficient form of walking, but you don't have to "race" nor walk at hyper speed to get its benefits.

So what sets this form apart from other types of walking? Bluntly, it's the emphasis on technique, safety, and, most importantly, focus. Let me explain:

**Technique:** Race walking is a competitive sport with walkers covering long distances while under the watchful eye of judges who ensure they follow race walking rules. Yes, there are rules but only two:

1. One foot must be kept on the ground at all times – the common element of all walking.
2. When the advancing leg touches the ground, it must be on the heel and that leg must be straightened as it moves underneath the body.

Race walking does look a little odd because of the straight leg rule but the form makes the most use of the ground by maximizing your stride and

the fact that your legs grip the ground from the heel to move forward, releasing from the toes.

Race walking is completely different than running in which the feet strike the ground, usually around the ball of the foot and rely on a spring motion to move forward.

**Safety:** Race walking is extremely safe – regardless of speed – because the feet are only gliding along from the heel-to-toe contact with only a little bit of lift from the ground, about an inch or two just to move forward.

It's also safe because race walkers keep an upright posture. There is no leaning at the waist as runners do; any back strain nor knee and hip issues. Additionally, race walkers have a consistent, balanced stride – meaning they do not "overstride" by reaching out farther than their body will allow. No chance to over-extend the tendons.

Ironically, many runners and endurance athletes use race walking as a cross-training exercise or to aid in injury recovery since the cardio strengthening and muscle toning supports their sport without any bone-jarring impact.

**Focus:** Race walkers always keep their arms bent at a right angle so their legs move synchronously. Arms are moved back and forth, but only to

get the power from the back muscles as the body propels forward.

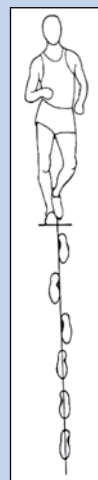
Speed in walking comes not from the length of the stride but the quickness in rotating the legs, which are led by the pace of the arm swing. The faster you move your arms, the quicker your legs will generally follow.

Besides efficiency there is one very lucrative benefit that brings many to race walking – weight management.

Columbia University's Department of Applied Physiology did a study in 1979 on calories expended when running as well as walking. In the initial portion of the study, it was noted that race walkers moving at a 5 miles per hour pace spent 530 calories, while runners spent 480 calories. A 50 calorie difference may not sound impressive, but when race walkers go faster, say 7 miles per hour pace, they burn 960 calories while runners only burn 690 calories – a whopping 270 calorie difference!

Why is this? Since one foot must be kept on the ground at all times, the leg turnover rate for a walker is faster than a runner's. Essentially, a race walker makes more foot strikes on the ground. Translation - more calories spent.

If you're not convinced to try race walking, at least you can apply these *continued on next page*



## Efficient Racewalking Techniques

- Erect Posture – no leaning
- Arm swing "cut" at 90 degrees
- Synchronous arm/leg rotation
- Heel makes contact first
- Advancing leg is straight
- Legs walk in a straight line
- Legs "glide" not picked up
- Power from "push off"
- Speed from leg turnover

**Racewalking power is "behind you" not in front of as with a runner.**

*continued on from page 16*

basic tips that ALL elite fitness walkers follow:

- Have the courage to keep an erect posture – don't walk like a runner by leaning at the waist.
- Maintain right angles on your arm swings – dropping your arms opens your stride and actually slows you down.
- Walk from heel-to-toe, getting your walking strength from pushing off from the toes – don't come down flat-footed or on the balls of your feet.
- Walk on a straight line – you'll get from Point A to Point B faster.

Race walking is a superb conditioner. Virtually injury-free, it effectively works almost all the muscle groups. It burns calories, develops cardiovascular fitness, trims thighs, buttock and hips, and firms the upper torso and arms. Anyone, regardless of age or gender, can achieve a healthier body through race walking.

For more information about race

walking, check out the following websites: [www.racewalk.com](http://www.racewalk.com) and [www.racewalking.org](http://www.racewalking.org).

*Bert Pickell is a competitive race walker and active coach. With over 40 years of*

*healthy and fun walking experiences, he is co-founder of the national champion South Texas Walking Club. He occasionally "walks" in road races just to have fun with runners. He can be reached at (210) 273-7983 or [bpickell@satx.rr.com](mailto:bpickell@satx.rr.com).*

## San Antonio Rock 'n' Roll Marathon /Half Marathon Training



**iRockSA**  
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[www.training210.com](http://www.training210.com)

- Program starts 05/26/12
- Registration still OPEN!
- All paces (incl. walkers) welcome

For more info:  
[info@training210.com](mailto:info@training210.com)

## Kym Rock's Fight Like a Girl



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**Fight like a Girl TX** is a personal protection program with classes specifically designed for women & girls 10 and up. Classes are taught by Nationally Certified FLAG Instructor Guy Banta and are designed to be fun and empowering while teaching life-saving skills.

Class schedule is Monday and Wednesday 6:30-7:30 PM,  
pre-registration required. [fightlikeagirltexas.org](http://fightlikeagirltexas.org) to inquire/sign up or call IMAW

All fitness levels welcome and no experience necessary!

visit our website at: [fightlikeagirltexas.org](http://fightlikeagirltexas.org)  
email: [fightlikeagirltexas@yahoo.com](mailto:fightlikeagirltexas@yahoo.com)

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San Antonio, TX 78247 - Ph: (210)404-9866

# No More Excuses! Find Time to Workout



**By Jeff Skelton**  
Vice President – Gold's Gym International

Get in shape! Eat better. We hear it all the time. Nike says, "Just Do it!"™ Michelle Obama says "Let's Move!" And let's not forget the age old wisdom of "Treat thy body as thy temple."

So why does something sounding so simple and easy become so difficult to achieve? Perhaps the question isn't fair. Arguably, those in our community that thrive by living a healthy and fit lifestyle might declare that it is not so difficult. They might say that they gain intense happiness and enjoyment from being active and making healthy food choices. Haven't you ever craved a good workout or a delicious, juicy, flavorful fruit?

You too can enjoy all of the benefits, enjoyment and fulfillment of healthy and fit lifestyle! Sure, it will take some commitment and consistency to get there; but others, just like you, are doing it every day. I've personally met and helped thousands of people get started on their fitness programs. Although not all of them were successful in maintaining their initial enthusiasm over making a lifestyle change, I'm happy to say that many did. Over time I was able to witness countless success stories of individuals who changed their lives, reduced stress, and achieved enhanced levels of happiness and fulfillment! Many of these success stories had similarities. I'll share them with you and hope they inspire you on

your journey as well.

The following are a few key strategies to help you eliminate excuses, overcome procrastination and transform your life. Before we start, however, I want to remove the most common roadblock to success: TIME! Yes, I know you don't have enough time. Yes, life is crazy. Yes, you're busy! All may be true, and all are irrelevant. People with huge responsibilities and hectic schedules are leading healthy and fit lives in San Antonio. It is how we choose to allocate our time that separates the success stories from those that "tried." Don't allow the comfort of a good excuse stop you from achieving the fulfillment you deserve. Here's how.

1. **DECIDE:** Make a definitive decision that you are healthy and active. The behaviors you exhibit and choices you make on a daily basis will be those of a fit, healthy and active person. This single decision will help you find good answers when choices arise. Similarly, I had two very close relatives that wanted to quit smoking. One made the decision to quit. From that point forward he identified himself as a nonsmoker and has done so for more than 20 years. The other has been "TRYING" to quit for the same 20 years. It's amazing what can be accomplished when we make a decision and eliminate options.
2. **Set realistic goals:** Begin with the end in mind. WHAT do you want to accomplish? Make sure the goals are realistic, achievable and relevant to the outcome you desire. Success will come with small victories and consistent wins. Goals can be simple, such as, "I will walk at least 15 minutes 3 times this week."
3. **Ask yourself good questions:** The quality of answers you get are in direct proportion to the quality of questions you ask.



"Do I want to workout today?" **BAD QUESTION!** It gives the option for the answer to be "NO" and based on #1 from above that can't be an option. A good question would be "Do I want to go on a walk or ride the bike today?" Both would be in line with the decision you have made and the goals you have set.

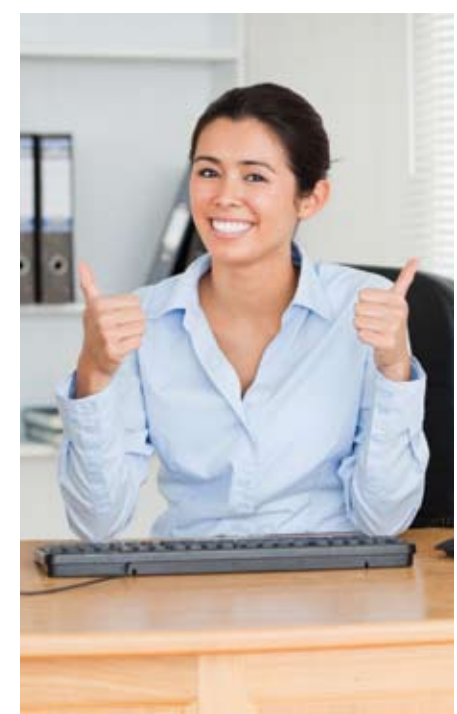
4. **Make small changes and build on it:** You achieved your current level of fitness over many years. Don't expect an overnight miracle of fitness. You may not be able to walk as far as you want or finish the first group exercise class you take – Don't get discouraged. Each day is about improvement – not perfection.
5. **HAVE FUN!** I promise you that with consistent exercise and healthy habits you WILL find the joy and excitement of a healthy lifestyle. Find activities that are fun for you. Take time to PLAY. A good workout will be the highlight of your day. Remember, nothing tastes as good as FIT FEELS!
6. **Good luck on your journey to a healthy, active and fit lifestyle.**

*Jeff Skelton has been in the fitness industry for over 15 years and currently specializes in helping companies establish wellness programs for their employees. He also serves on the Board of Directors for San Antonio Sports and the Executive Committee for the Mayor's Fitness Council. Jeff can be reached at 210-489-6231 or jskelton@goldsgym.com*

# Local Employers Recognized for Worksite Wellness Efforts

PeakLife SA Magazine congratulates the following employers who met criteria for the Healthy Workplace Recognition Program 2012.

The San Antonio Business Group on Health (SABGH), in collaboration with the Mayor's Fitness Council recently recognized San Antonio businesses in the 2012 Healthy Workplace Recognition Program. Employers were acknowledged for their work to improve employees' health through their worksite wellness initiatives and awarded a bronze, silver or gold-level recognition.



Small worksite (1-200 employees)		
Gold	Silver	Bronze
CP&Y, Inc.	Access Quality Therapy Services	
ESD & Associates		
FBD Partnership, LP		
San Antonio Food Bank		
San Antonio Sports		
Large worksite (200+ employees)		
Gold	Silver	Bronze
Baptist Health System	Bexar County	Argo Group U.S.
Harlandale ISD	City of San Antonio	KCI
Healthways, Inc.	CPS Energy	VIA Metropolitan Transit
North East ISD	Harland Clarke Holdings	
Northside ISD	LifeCare Hospitals of San Antonio	
United Healthcare	Our Lady of the Lake University	
USAA	San Antonio Water System	
UTSA	Security Service FCU	
	SWBC	
	Tesoro Corporation	
	The Scooter Store	
	University Health System	
	Valero Energy Corporation	
	YMCA of Greater San Antonio	



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# Leading a Heart Healthy Lifestyle



**By Ildiko Agoston, MD, FACC, Associate Professor of Medicine, UTHSCSA and Medical Director of Cardiology Clinic at the MARC**

pressure. High blood pressure and heart disease in general is sometimes called “the silent killer” because it has no symptoms. Never judge your blood pressure by how you feel or your best guess. Knowing your numbers and keeping them within a normal range (systolic less than 120 and diastolic less than 80) can be one of the best strategies to living a life free of heart disease and stroke.

Another number to watch is your cholesterol. Everyone has cholesterol. While some cholesterol is important for good health (“good cholesterol” or HDL), too much LDL or “bad” cholesterol in your blood puts you at increased risk for heart disease and stroke. To lower cholesterol, follow your healthcare provider’s advice, which will likely include making healthy food choices.

### Healthy Lifestyle

The best way to keep those numbers in check is to get active. Engaging in moderate activity, 30 minutes a day, at least five times a week can almost guarantee you a healthier and more satisfying life while lowering your risks for heart disease, stroke and diabetes. If 30 minutes seems like an impossible goal, start with less. Some physical activity is always better than none!

Heart disease and stroke account for nearly 30 percent of all deaths in Texas, according to the American Heart Association. While heart disease is the number one cause of death in America, more than 80 percent of all heart disease deaths are preventable with lifestyle changes.

Heart disease is related to plaque buildup in the walls of the arteries, otherwise called atherosclerosis. As plaque builds up, arteries narrow, making it more difficult for blood to flow and supply the vital organs of the body. This creates a risk for heart attack or stroke.

### Risk Factors

There are several risk factors for heart disease and stroke. Risk factors a person cannot control include family history, age, sex and race. However, for the first time, the American Heart Association has defined “ideal cardiovascular health” and identified seven health factors and lifestyle changes that support heart health. These lifestyle factors include blood pressure, cholesterol, blood sugar, smoking, maintaining a healthy weigh, physical activity, and nutrition. Known as “Life’s Simple Seven,” improvements in these areas can significantly impact quality of life and life expectancy.

The single most significant risk factor for heart disease is high blood

pressure. High blood pressure and heart disease in general is sometimes called “the silent killer” because it has no symptoms. Never judge your blood pressure by how you feel or your best guess. Knowing your numbers and keeping them within a normal range (systolic less than 120 and diastolic less than 80) can be one of the best strategies to living a life free of heart disease and stroke.

Along with moderate physical activity, making healthy food choices will also reduce your risks for heart disease. Eating for good health means choosing lots of fruits and vegetables, whole-grain carbohydrates and fat-free or low fat dairy products. Learn to avoid or limit foods and drinks with high sodium or added sugar. Keeping track of what you eat will help you become aware of exactly what you consume and determine how your choices measure up.

With a plan for eating healthy and getting active, attaining a healthy weight is within reach. BMI is a height-to-weight comparison that helps you identify the healthy weight target for your height. A BMI less than 25 is ideal. Weight loss is best achieved over time and with a commitment to better health. By shedding unnecessary pounds, you reduce the stress on your heart, lungs, blood vessels and skeleton.

Lastly, one of the best things you can do for your heart is to avoid or quit smoking. Cigarette smokers have a higher risk of developing cardiovascular disease, because smoking damages the entire circulatory system. It also increases your risk for hardened arteries, aneurysm and blood clots. Smoking can also reduce your good

continued on from page 20  
cholesterol (HDL) and your lung capacity, making it harder to get the physical activity you need for better health.

It’s never too late to make healthy choices that are both good for your heart and proven to enhance your quality of life. With the right plan, tools and support, you can live a heart healthy life.



**PeakLife SA** Do you or someone you know give back to the San Antonio community? PeakLife SA Magazine is looking for San Antonio’s Volunteer of the Year to honor in the Fall issue of the magazine. If you want to nominate yourself or a friend, please request an application at [info@peaklifewellness.com](mailto:info@peaklifewellness.com).



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## A Cure is Our Finish Line

COME TOGETHER TO END POLYCYSTIC KIDNEY DISEASE!

**SAN ANTONIO WALK FOR PKD**  
SATURDAY, SEPTEMBER 22, 2012

Brackenridge Park, Joske Pavillion  
Broadway and Tuleta  
San Antonio, TX

Check In: 7:30 am  
Walk Begins: 9:15 am



[walkforpkd.org](http://walkforpkd.org)



## San Antonio Parks and Recreation Department 2012 Summer Pool Schedule

**JUNE 16 — AUGUST 19, 2012**

### 24 OUTDOOR POOLS

Tues — Sun: 1 p.m. — 7 p.m.

For a pool near you visit:

[www.sanantonio.gov/parksandrec](http://www.sanantonio.gov/parksandrec)

Or call: (210) 207-3299

### 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.

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**Great way to  
GET FIT &  
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City of San Antonio facilities are accessible. Requests for interpreter services must be made 48 hours prior to meetings. Call 207-4570 for Voice/TTY assistance.



## Pear and Cherry Crumble (serves 8)



Note: This is a good way to “sneak” heart-healthy whole grains and nuts into the diet via an irresistible dessert. Make sure the pear or apple juice is natural and not made with high-fructose corn syrup.

### For the fruit:

- Cooking spray
- Juice of one lemon
- 5-6 fresh pears, the riper the better
- 1 cup dried cherries
- Zest of one lemon
- ½ cup pear juice (may substitute apple juice)
- 2 tablespoons honey
- 1 teaspoon almond extract
- 1 teaspoon vanilla extract
- ¼ teaspoon ground cardamom
- ½ teaspoon ground cinnamon
- 1 tablespoon flour

### For the topping:

- 1 cup organic vanilla granola (I used Aurora Brand Vanilla Crunch)
- 3 tablespoons flour
- ½ cup brown sugar
- ¼ cup sliced almonds
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground allspice
- ¼ cup trans fat free margarine spread

Preheat the oven to 375 F. Lightly spray a 9-inch baking dish with cooking spray. Line a rimmed baking sheet with aluminum foil and set aside. Fill a large bowl halfway with cold water and the juice of one lemon. Cut the stems off the pears and peel them, placing each one in the acidulated water as you do so. Then, half, core and seed the pears and cut them into inch-thick lengthwise slices or chunks,

returning each sliced pear to the lemon water until the job is completed.

Drain the cut pears in a colander and return them to the mixing bowl. Add the cherries, lemon zest, pear or apple juice, honey, flavorings, spices, and one tablespoon of flour to the fruit and stir to mix everything well. Let the fruit macerate for fifteen minutes; then, place it in the prepared baking dish.

Make the topping. Place the granola, flour, brown sugar, almonds, and spices in a large mixing bowl and toss them together lightly. Add the margarine spread and use your hands to work the spread into the dry ingredients until blended but crumbly. Spread the topping over the pears. Place the dish on the foil-lined baking sheet and bake the crumble for 30-35 minutes, until the top is golden brown and the juices are bubbling and translucent. Serve warm.

Nutritional Analysis (per serving)	
Calories	289
Total Fat	4.0 g
Saturated Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	2.0 g
Trans Fat	0.0
Cholesterol	0 mg
Sodium	69 mg
Carbohydrates	62 g
Fiber	6 g
Sugars	41 g
Protein	3 g

Dietary Exchanges: 2 fruit, 2 other carbohydrate, 1 fat

This recipe is brought to you by the American Heart Association's Face The Facts program. Recipe copyright © 2007 by the American Heart Association.

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Given that the average person who commits to commuting by bicycle loses 13 lbs. in their first year, the personal health benefits of cycling are obvious.

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# PLAY IN THE STREET

## Síclovia Now a YMCA event!

Join us this fall for **FREE FUN** in the street! San Antonio will launch its third Síclovia on **October 7, 2012**. Bikers and pedestrians from all across the city will enjoy a car-free atmosphere to play in the street.

### Haven't been to Síclovia?

Síclovia is unique in that it's a non-competitive event, with no beginning or ending. There is no registration or ticket required. It's free and open to everyone. From 10am to 3pm, participants are invited to enter the route at any point and enjoy the safe open streets with their friends and family.

The route connects 4 Recloviás, areas that incorporate group exercise classes, water stations, Síclovia merchandise and healthy food vendors.

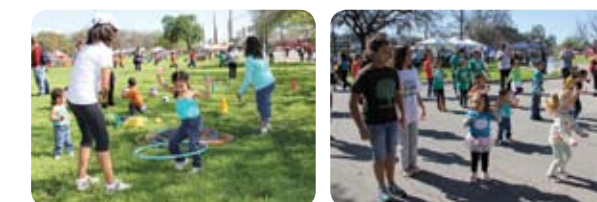
## síclovia



For more information visit [www.siclovia.org](http://www.siclovia.org)

SAN ANTONIO'S FAMILY ADVENTURE

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# Are you a woman suffering from **LOW THYROID?**

**FREE Seminar** will reveal the likely reasons why you still suffer with “thyroid symptoms” despite thyroid hormone therapy and normal test results.



“I had very low energy, depression, weight gain, joint stiffness and hair loss. This is just to name a few. After being on the program I no longer deal with depression, weight gain has turned into weight loss, the pain is no longer there and the energy level is tremendous now. I am no longer on any medication and I feel like I am back in control of my health again. I would truly recommend this program to anyone with thyroid symptoms.”

- Ellen Bradley  
San Antonio, TX



“I was very sick with “Hashimoto’s thyroiditis”. I had pre-diabetes, high cholesterol, severe inflammation, brain fog and confusion. I couldn’t drive and was completely dependent on my family. After a several weeks in the program, I no longer have blood sugar issues, cholesterol down 125 points, no more inflammation, the brain fog and depression went away. Western doctor’s failed to treat my autoimmune disease and simply removed my thyroid. I am very grateful that Dr. Webb came into my life and I hope you find this program.”

- Sylvia Huerta  
San Antonio, TX

## Discover the likely reasons why you continue to suffer from

- Continual Weight gain
- Life-altering fatigue
- Depression
- Anxiety
- Insomnia
- Hair Loss
- Constipation
- Hot flashes
- Brain fog
- Memory Loss
- Heart palpitations
- Irrational moods

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