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on the
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Rachel

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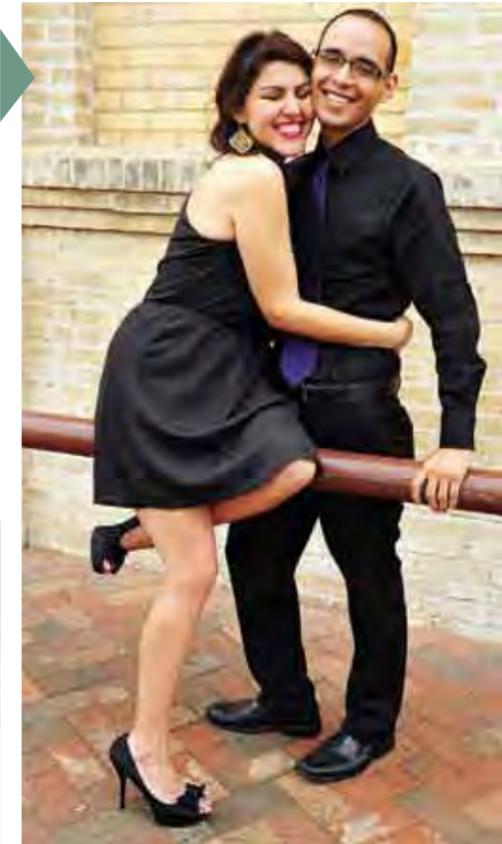
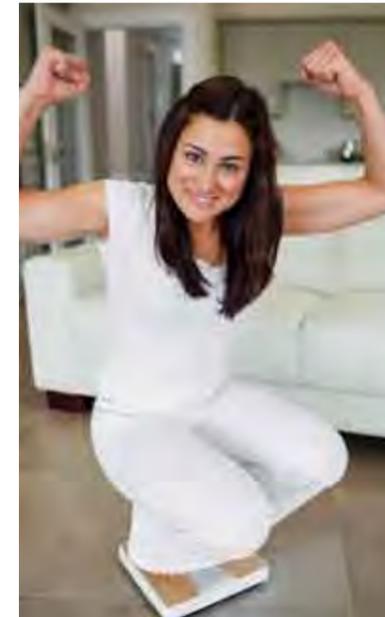
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PeakLifeSA

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Cover Photo is by Scott Smith, Alamo City Photography

PeakLife SA Magazine is published by PeakLife Wellness. Please send all press releases and other information related to PeakLife SA to: 418 Mesa Hill, San Antonio, TX 78258

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www.peaklifewellness.com

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Weight Loss the Tortoise Way

I have always loved the fable *The Tortoise and the Hare*. You remember, the speed-demon hare thinks it's a piece of cake to win a race against a tortoise. The hare hangs out, takes his time, naps, has a beer, and the turtle who takes the race one step at a time eventually wins.

In our fast-paced, multi-tasking, drive-through world, this story is a wonderful metaphor for weight loss. We all want to be the hare. We want to shed pounds quickly and win the battle of the bulge. Unfortunately, there is no pill that will help you instantaneously drop pounds. If there were, Oprah would have found it. Even for those hares that shed a bunch of pounds on a quick-fix diet, research shows that the majority gain the weight back—with a few additional pounds!

An estimated 50 million Americans go on a diet each year, and only about 5 percent manage to keep the weight off. According to *BusinessWeek*, Americans spend \$40 billion a year on weight-loss programs and products, and yet our obesity rates are not declining. In fact, it is estimated that due to the prevalence of overweight and obesity, today's generation of kids will be the first to have a shorter life expectancy than their parents.

It is possible to change those odds. For this issue, I sat down with Vivian Quintero, a local woman who has lost more than 100 pounds and successfully kept it off. As you will read in our interview, Vivian took two and a half years to shed the pounds, but she found ways to keep focused on her goal. As you can see from our cover photo, Vivian is a tortoise who won the race.

Weight loss isn't about a quick fix; it's about creating sustainable, long lasting changes—changes that you could make today, such as, eating more fruits and veggies, walking more and replacing soda with water. It's about being happy to be the tortoise. It's about celebrating every mile marker. It's the tortoise who commits to healthy habits for the long-haul that is going to come out the weight loss winner.

Enjoy the journey and celebrate your success!

Happy 2013! 🍀



Contributing Writers in this issue...



Julia Diana is a native Texan, an urban planner and mother of two teenage daughters.



Julia Karlstad is the President and Founder of JKFITNESS, LLC, a fitness company offering professional personal training and nutrition programs.



Jennifer Meachum RD, LD is the Director of Community Outreach and Employee Wellness for North Central Baptist Hospital.



Carl Owens is a veteran event director and is co-founder of Make a Difference Events, the Texas-based company that has developed the Commit to Change, Drop a Million Challenge and the supporting events to San Antonio.



Kasey Pape is a Registered Dietitian for Chronic Disease Prevention at San Antonio Metropolitan Health District.



Ellen Spitsen is a Nutrition Coordinator for Chronic Disease Prevention at San Antonio Metropolitan Health District.

PeakLife SA Magazine Announces New Advisory Committee

Committee members include:

- **Rudy Acevedo**, Owner—R+R Fitness
- **Lisa Cruz**, Communications Director—San Antonio office of the American Heart Association
- **Julia Diana**, Program Manager, "San Antonio Bikes"—City of San Antonio
- **Mary Ullmann Japhet**, Associate Executive Director, External Affairs—San Antonio Sports
- **Louis Lopez**, District Vice President—YMCA
- **Elizabeth Luna**, Marketing Director—Southwest General Hospital
- **Jennifer Meachum**, RD, Pediatric and Adult Clinical Dietitian—North Central Baptist Hospital
- **Suzanne Parker**, RD, Corporate Wellness Coach—H-E-B
- **Jeff Skelton**, Vice President of Business Development—Personalized Prevention



Interviewed by
Dianne Glover, MPH

Vivian Quintero

feet and other symptoms that are typically associated with overweight adults. I was diagnosed with asthma, pre-diabetes and got rashes on the back of my neck and my back. My pediatrician had been my doctor for years. She told me, "Vivian, being overweight is going to prevent you from achieving your goals. It's not about the way you look; it's about being healthy and accomplishing everything you want in life." It was a huge awakening for me.

After your doctor spoke to you, what happened?

I was in my junior year of high school and knew that I needed to make some big changes. I eliminated fast food and stopped hanging out with people just to eat. I had to control the environment.

I decided that I wanted to run a marathon; people thought I was a little crazy because I was overweight. I started by setting small, realistic goals. I had a training schedule with baby steps, such as, every day I will run for five minutes or go to the gym for 20 minutes. When I finished my first 5k, it wasn't about the weight that I had lost. I was excited about the goal that I had accomplished. I realized that because I did something that I thought I never could do because of my weight, it catapulted me to doing other things that seemed impossible.

And how old were you at that time?

I ran my first race when I was 19.

And just three years prior, your doctor had cautioned you about your weight interfering with your goals?

Yes, it took about two and a half years to lose that unhealthy weight.

At 16 years old, Vivian Quintero had a wakeup call. At nearly 240 pounds, she knew she had to make some changes in her life. Today, at 27 years old, Vivian has lost more than 100 pounds, has run multiple marathons and maintains a healthy lifestyle. Even with a busy workload as co-owner of a wedding planning business, manager for a non-profit and various volunteer projects, Vivian finds time to exercise and eat right. She sat down with PeakLife SA's publisher to talk about losing weight, dating Anthony Garcia who lost 155 pounds and maintaining her motivation to stay slim today.

Dianne: Let's start at the beginning. What motivated you to lose weight?

Vivian: When I was 16, I started to have back problems, swollen

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What motivated you to keep going for more than two years?

What motivated me was that I stopped having the health issues: the back problems were gone, and my asthma was less frequent. It's really hard to hear as a teenager that the reason you are sick is because of your weight. The other big motivator was learning to run. I stuck to it and got stronger, and I could run another mile and then another. There was great satisfaction in gaining that strength.

As you became more fit, did you make nutritional changes as well?

I definitely did. I saw food not as a way of life, but a part of it. Social activities didn't have to revolve around food, and I became keenly aware of my portion size. I knew that I gained weight because I was eating too much. I still ate the things that I love but in a smaller portion.

Do you still eat ice cream?

I eat ice cream almost every other day.

Is it the low-fat kind or the real stuff?

If I'm going to eat ice cream, I'm going to eat the real ice cream. I buy a pint, and it usually lasts me about a week. I enjoy food and don't feel guilty about eating small quantities of food that I like. When I started losing weight, I did have to eliminate some foods because they were inhibiting my weight loss. I also started incorporating vegetables, good protein and fruits that I never ate as a teenager.

Tell me about your support system. Who were your cheerleaders?

Each member of my family brought something to the table. My mother, brother, sister, grandmother and I all lived in the same house. They were all very supportive. My mother started buying healthy foods; my grandmother cooked with me. That support brought us closer together as a family. We've all realized that food was something we like, but we enjoy each other's company more than anything else.

Your boyfriend has also lost more than 100 pounds. How has dating someone on a similar journey been helpful?

When I first met Anthony Garcia, we both were within 15-20 pounds from our goals. It was funny because in the first three months of dating, neither of us mentioned losing weight. One day I told him that I wanted to run the Rock 'n' Roll Marathon, and he told me about his weight loss journey.

What was Anthony's process to lose weight?

Anthony had been overweight his whole life, and shortly after high school, he decided he needed to make some changes. He took baby steps by eating smaller



portions and incorporating exercise. He went from an obese 310 lbs, to now a healthy 155 lbs. I was blown away! I am blessed to have found a wonderful man who understands the struggle of weight loss. We give support and strength to one another. At times when I struggle with my self-image, he is always able to pick up my spirits and allow me to truly see my self-worth. On our dates, we rarely go out to eat. If we do eat out, we always share plates. We take walks on the riverwalk, dance, go to the movies and look for new adventures. We enjoy being active. But we also love going on ice cream dates. We share a small portion and go walking afterwards.

Are you currently at your goal weight?

I am in the weight range for a healthy female of my size and my height, and I am comfortable in my own skin. When I was overweight, I never felt like me. It felt like there was someone hiding in me. When I look back on my journey, I am so grateful for everyone who supported me. I needed to do it for myself, but it also made me aware that I can help other people reach their goals. That's powerful. It's not about being skinny; it's about being the best person you can be so that you can do whatever you want and accomplish your goals. 🍀

Vivian's Tips for Weight-Loss Success

- 1.** Define clearly why you want to lose weight.
- 2.** Engage in activities that are not centered on food.
- 3.** Find a support system. Everyone needs a cheerleader.
- 4.** Be patient. Change takes time.

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Ask the Dietician

By Jennifer Meachum, RD, LD

Dear Jennifer: I'd really like to lose a lot of weight before my cousin's wedding next month, but I've heard that crash diets are bad for you. Is there a safe way to slim down quickly?

— Sarah

Crash diets such as the Cabbage Soup Diet, the Grapefruit Diet or the Dukan Diet all promise rapid weight loss in a short period of time. These fad diets can be very tempting in our society of instant gratification — but can also be harmful to your health and ultimately counterproductive to your weight loss goal.

Because crash diets usually involve severely restricting your caloric intake (below 1,200 calories per day) or only eating one or two food groups, you could be at risk for dehydration, vitamin deficiencies, fatigue, heart arrhythmias, irritability, depression, and decreased mental performance. The other downfall is that the majority of the weight loss is from water and muscle, not from the weight we really want and need to lose — which is from fat. Most people can expect to regain the weight plus more once they return to their normal eating habits.

Crash dieting can also cause your body to revert to a starvation mode that can actually slow down your metabolic rate. This means you would need to continue to eat less and less to continue to get the same results.

The tried-and-true strategy for dropping the pounds quickly and safely is to must burn more calories than are taken in. For example, to lose two pounds in one week, you must eat 500 calories less and burn 500 calories each day. To help you calculate your calorie needs for weight loss, take advantage of free websites such as www.myfitnesspal.com, www.sparkpeople.com, or fitness and nutrition phone apps.

You can look fabulous on your cousin's wedding day by sticking to the basics with my "No Crash Diet" plan. Here are some safe and simple strategies to lose weight and feel great:

- **Burn Baby Burn**

Exercise is the first thing many crash diets recommend eliminating, but exercise is vital to achieve short-term results that are going to last. Exercise will rev up your metabolism, burn calories at rest, increase your self confidence, lose fat and build muscle. Aim for at least 30 minutes of cardiovascular exercise most days of the week to lose weight. Find activities that you enjoy doing. Also take advantage of every opportunity to sneak physical activity into your daily routine (taking the stairs, parking further, walking the dog, etc.).

- **Bottoms Up**

Studies have shown that drinking plenty of water, at least 64 ounces per day, may slightly increase your metabolic rate. Drinking water before meals can help fill you up and prevent overeating.

- **Fuel for Success**

Fill your tank with nutrient dense foods such as whole grain carbohydrates, fruit, vegetables, legumes, lean protein, low-fat dairy products and healthy fats to keep you satisfied and energized. Eliminating any of these food groups or skipping meals can lead to feelings of deprivation and binge eating.

- **Bye-Bye Bloat**

Limiting your salt intake can help reduce stomach bloating. Fruits and vegetables with high water content such as celery, asparagus, watermelon, and cucumbers have a natural diuretic effect and can help battle the bloat. Limit sodium to 2,300 mg per day (about 1 teaspoon of table salt). Try incorporating fresh herbs, spices and lemon instead.

- **Instant Slimming Tricks**

Practicing good posture, wearing darker colors, avoiding baggy clothing, wearing high heels and flashing a beautiful smile are all ways to make you look and feel your best.

This "No Crash Diet" plan is meant to be safe, easy to follow, and part of a lifestyle change. These strategies will not only result in weight loss for your special event but also help you keep the weight off for good. They will also help you focus on your long-term health and well-being instead of letting a size or a number on the scale be a measure of your self-worth and beauty. 🍏



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SAN ANTONIO IS A GREAT PLACE TO EXPLORE BY BIKE. REMEMBER THESE TIPS WHEN YOU'RE PREPARING FOR A RIDE:

BE PREPARED – Check out bicycle tips and maps at www.sanantonio.gov/sabikes

BE SAFE – Make sure your bike is in good repair and you're properly equipped with a helmet.

BE COURTEOUS – Share the trail with others. There's enough road to go around.

S.A. IS READY TO RIDE.



JOIN US ON



Finding Fitness FUN!

By Julia Diana

Looking for ways to bring the joy back into your exercise routine? Maybe the key is to throw out the "routine" and try something new! Here are some ideas that are so enjoyable, you may not realize you're toning muscles and burning calories.

Golf is a game for all ages. "But it's expensive, time-consuming, and not really even exercise," you might say. However, nine holes on any of one of San Antonio's municipal courses is very affordable, and if you walk the course with a bag full of clubs on your back, you're getting in a serious workout.

It's mental exercise, too. It's a glorious competition with yourself and your partners. You learn your limitations, and every once in a while you're rewarded with an impressive outcome that keeps you coming back for more. The bonus of bonding with any partners you may bring along while walking in a beautiful setting among trees and rolling hills cannot be underestimated. (More info can be found at www.alamocitygolftrail.com.)

Visiting any of the 41 miles of the Howard W. Peak Greenway Trails is a

great way to coax new and old cyclists back on their bikes again. A network of paved, verdant paths along the Leon Creek, Salado Creek, and Medina River are shared by fans of all ages who are walking, running, and cycling under the shade of live oaks, cedar elms, juniper, and cottonwood trees. Go at your own pace, but remember to act safely and "share the trail." An hour of cycling at an average pace of about 10 mph burns about 500 calories. You can read up on all things related to bicycling in our city at www.sanantonio.gov/sabikes. Down-

load the latest maps of the Greenway Trails at www.sanantonio.gov/parksandrec/greenway_trails.aspx.

Try hiking the trails in the Natural Areas, part of San Antonio's inventory of public parks. You're in the city, but you feel miles away. Equipping yourself with a few tools can spice up the workout. Trekking poles can help you navigate the terrain and help tone your arms. Also, it's fun to use a smart phone app such as "Endomondo" to track your distance, calories you are

continued on next page

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burning, and even the elevation change along the trail you're exploring. And if wildlife thrills you, you might just spot a wild turkey, roadrunner, or painted bunting. You can burn about 500 calories by hiking three miles moderately vigorously in about an hour. (www.sanantonio.gov/parksandrec/areas_gardens.aspx)

Is urban more your style? Adults can buy a \$10 day pass to try out San Antonio B-Cycle bike share bikes and visit some cool sites downtown, like the Pearl, Central Library, Main Plaza, and Blue Star. You can carry a picnic basket or tote souvenirs in the B-Cycle basket. It's a wonderful way to see our beautiful city without having to worry about finding a parking place at each destination. Just remember to reset your time by docking the bike you check out at a station every 30 minutes. (www.sanantonio.bcycle.com)

The gym may be the ticket for some with state-of-the-art machinery, personal TV screens, and lots of

hardbodies to keep you motivated. But if you're just looking for a way to find fitness fun again, try getting active out in the fresh air and adding

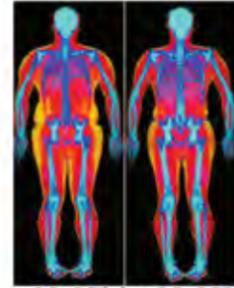
something new to your repertoire.

Julia Diana can be reached at julia.diana@sanantonio.gov.

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calendar of events

- **January 1, 2013- Cobweb Chaser**
McAllister Park Pavilion #2 San Antonio. For more information, visit www.saroadrunners.com or call 210-822-2800.
- **January 2, 2013- SARR Zoo Run**
Brackenridge Park in San Antonio. For more information, visit www.saroadrunners.com or call 210-735-8037.
- **January 2, 2013- Rackspace Farmer's Market**
Rackspace Parking Lot in San Antonio. For more information, visit www.rackspace.com/information/events/green or call 210-312-4000.
- **January 5, 2013- Cross Mountain Half Marathon**
Stage Road in Boerne. For more information, visit www.crossmountain.org or call 210-385-8177.
- **January 5, 2013- Kitty Hawk 5K**
Brackenridge Park in San Antonio. For more information, visit www.purnellracing.com or call 210-385-8248.
- **January 5, 2013- AVA Trinty 5K/10K**
Trinity University in San Antonio. For more information, visit www.ava.org or call 210-723-8574.
- **January 6, 2013- 2nd Annual Crocodile Run-Dee 5K/10K**
For more information, visit www.iaapweb.com/calendar.htm or email crocodilerundee@yahoo.com.
- **January 8, 2013- Skinny Genes Party!**
Next Generation Water, 1201 N Loop 1604 W #107 in San Antonio. For more information, visit www.BatchOfOne.com or call 210-408-9270.
- **January 9, 2013- SARR Zoo Run**
Brackenridge Park in San Antonio. For more information, visit www.saroadrunners.com or call 210-735-8037.
- **January 12, 2013- Resolve for a Better SA 5K**
JLSA Offices, 723 Brooklyn Ave., San Antonio. For more information, visit www.iruntexas.net/calendar or call 210-225-1861.
- **January 12, 2013- AVA San Marcos 10K/5K**
San Marcos. For more information, visit www.ava.org or call 210-659-2112.
- **January 16, 2013- SARR Zoo Run**
Brackenridge Park in San Antonio. For more information, visit www.saroadrunners.com or call 210-735-8037.
- **January 19, 2013- Great Amazing Adventure Race & Family Activity**
Olmos Park in San Antonio. For more information, visit www.GreatAmazingRace.com or call 513-518-0528.
- **January 19, 2013- Texas PT 5K**
Bluebonnet Pl in San Antonio. For more information, visit www.purnellracing.com or call 210-385-8248.
- **January 20, 2013- Cocoa Women's Half Marathon and Relay**
King William Park in San Antonio. For more information, visit www.cocoahalf.com.

- **January 23, 2013- SARR Zoo Run**
Brackenridge Park in San Antonio. For more information, visit www.saroadrunners.com or call 210-735-8037.
- **January 26, 2013- Oak Loop Nature Walk (Birds)**
Phil Hardberger Park in San Antonio. For more information, visit www.texas.sierraclub.org or call 210-493-0939.
- **January 26, 2013- SARR Endurathon Half-Marathon**
Bulverde. For more information, visit www.saroadrunners.com or call 210-735-8037.
- **January 26, 2013- AVA St Mary's U10K/5K**
For more information, visit www.ava.org or call 210-659-2112.
- **January 26, 2013- Kinetic Kids 5K Run/Walk**
For more information, visit www.kinetickidstx.org or call 210-748-5860.
- **January 26, 2013- Run from the Grads Zombie Run**
Buckhorn Golf Course in Comfort. For more information, visit www.athleteguild.com/running/comfort-tx or call 830-431-1304.
- **January 27, 2013- HERO-THON Half Marathon**
Alamodome in San Antonio. For more information, visit www.herthonlls.com or call 800-955-4572.
- **January 27, 2013- Graffiti Run**
AT&T Center in San Antonio. For more information, visit www.thegraffitirun.com or call 281-687-3577.
- **January 30, 2013- SARR Zoo Run**
Brackenridge Park in San Antonio. For more information, visit www.saroadrunners.com or call 210-735-8037.

February 1, 2013- National Wear Red Day and the Go Red For Women Summit



The Go Red For Women Summit aims to empower women to take charge of their health and the health of their families through education sessions and a heart healthy, inspiring luncheon. This year's speaker is heart survivor Salina Rivera.

Place: Grand Hyatt

Time: 11 a.m. – 4 p.m.

Tickets: \$150 per person or \$1,500 for a table of 10.

More information: tickets or sponsorships, contact Danielle Gunter at Danielle.Gunter@heart.org or call 210-617-2609.

- **February 2, 2013- Love Your Heart 5K and KidsK**
New Braunfels. For more information, visit www.loveyourheart.net or call 830-237-5162.

- **February 2, 2013- Reagan Band 5K**
Reagan High School, 19000 Ronald Reagan Dr, San Antonio. For more information, visit www.iruntexas.net/calendar.
- **February 2, 2013- Spring into Spring**
Valero Trail in San Antonio. For more information, visit www.purnellracing.com or call 210-385-8248.
- **February 2, 2013- Run 4 Hope 5K Run/Walk**
McAllister Park in San Antonio. For more information, visit www.rapecrisis.com or call 210-208-5750.
- **February 2, 2013- 28th Annual Tower Climb & Run**
Tower of the Americas in San Antonio. For more information, visit www.lonestar.ccf.org or call 210-829-7267.
- **February 2, 2013- River Road Run**
River Road Ice House in New Braunfels. For more information, visit www.athleteguild.com/running/new-braunfels-tx or email nick@seidelproductions.com.
- **February 2, 2013- Albert Pike 5K**
McAllister Park in San Antonio. For more information, visit www.saroadrunners.com or call 210-387-9843.
- **February 3, 2013- Natural Bridge Caverns Texas 2013**
Natural Bridge Caverns Trail Runs. For more information, visit [redemptionrp.com/2013/NBCTrails](http://www.redemptionrp.com/2013/NBCTrails).
- **February 3, 2013- Super Bowl Sunday 7K**
Gold's Gym Concord Plaza, 7700 Jones Maltsburger in San Antonio. For more information, email staci@transplantsforchildren.org or call 210-949-1212.
- **February 6, 2013- SARR Zoo Run**
Brackenridge Park in San Antonio. For more information, visit www.saroadrunners.com or call 210-735-8037.
- **February 7, 2013- Introduction to Essential Oils**
Next Generation Water, 1201 N Loop 1604 W #107 in San Antonio. For more information, visit www.BatchOfOne.com or call 210-408-9270.
- **February 9, 2013- Cupid's Chase 5K run**
Pavillion 4, 3900 Roland Avenue in San Antonio. For more information, visit www.comop.org/cupidschase or call 609-951-9900 ext. 159.
- **February 9, 2013- Stock Show Stampede 4M**
Gambler Road in San Antonio. For more information, visit www.sarodeo.com or call 210-225-5851.
- **February 10, 2013- Be My Valentine 5K Run/Walk**
San Antonio Museum of Art in San Antonio. For more information, visit www.iaapweb.com/calendar or email ceci@iaapweb.com.
- **February 10, 2013- Welcome Home Troops 4M**
TAMU in San Antonio. For more information, visit www.purnellracing.com or call 210-385-8248.

- **February 13, 2013- SARR Zoo Run**
Brackenridge Park in San Antonio. For more information, visit www.saroadrunners.com or call 210-735-8037.
- **February 15, 2013- San Antonio Sports Hall of Fame Tribute**
Alamodome in San Antonio. For more information, visit www.SanAntonioSports.org or call 210-820-2109.
- **February 16, 2013- Birds of a Feather Relay**
Brackenridge Park in San Antonio. For more information, visit www.saroadrunners.com or call 210-735-8037.
- **February 16, 2013- Kiss Me Dirty Mud Run**
The National Shooting Complex in San Antonio. For more information, visit www.kissmedirty.com or email info@wasatchracing.com.
- **February 16, 2013- Toyota Texas Street2Feet 5K Run/Walk and Kidz K**
First Presbyterian Church, 404 N. Alamo in San Antonio. For more information, email pharper@samm.org or call 210-954-3870.
- **February 20, 2013- SARR Zoo Run**
Brackenridge Park in San Antonio. For more information, visit www.saroadrunners.com or call 210-735-8037.
- **February 23, 2013- East Central Festival**
East Central High School in San Antonio. For more information, visit www.purnellracing.com or call 210-385-8248.
- **February 23, 2013- Oak Loop Nature Walk (trees)**
Phil Hardberger Park in San Antonio. For more information, visit www.texas.sierraclub.org or call 210-493-0939.
- **February 23, 2013- 3rd Annual Run for the Heights, 5K Run/Walk, Kids' Fun Run, Health Fair, Sponsor Expo & Fitness Demos**
Tuscany Heights Elementary in San Antonio. For more information, visit www.runfortheheights.tuscanyheightspta.org or call 210-407-8200.
- **February 23, 2013- Go Red Por Tu Corazon Vestido Rojo**
San Antonio Event Center. For more information, email Nora.Silva@Heart.org or call 210-617-2600.
- **February 23, 2013- Revenge of the Nerds 5K Run/Walk**
O. P. Schnabel Park in San Antonio. For more information, visit www.bexartspe.org/eweek or www.onestoprace.com/search/event.
- **February 24, 2013- Run 4 Hope 5K Fun Run**
McAllister Park, San Antonio. For more information, visit www.rapecrisis.com/events.php or call 210-208-5750.
- **March 2, 2013- 4E Run/Walk & Health Festival**
400 Eagleland Dr in San Antonio. For more information, visit www.iruntexas.net/calendar.
- **March 2, 2013- MLA Long Mile 5k**
St. Mary's University in San Antonio. For more information, visit www.facebook.com/pages/St-Marys-Military-Law-Association or call 210-338-1195.

- **March 3, 2013- Alamo City Festival 5K/10K/ Half Marathon**
Alamo in San Antonio. For more information, visit alamocityrunfest.com or call 512-847-9111.

March 3, 2013
Alamo City Running Festival



San Antonio's most exciting addition to the fitness calendar in 2013. The marquee event is the Alamo City Half Marathon with additional events included to make it an event for all fitness levels (10K, 5K & Kids Run). ALL events finish inside the Alamodome! Created and designed to help support the Commit to Change – Drop a Million Challenge. For information or to register, visit www.alamocityrunfest.com.

- **March 7, 2013- Water Awareness Presentation**
Next Generation Water, 1201 N Loop 1604 W #107. For more information, visit www.BatchOfOne.com or call 210-408-9270.
- **March 9, 2013- SARR 12th Annual Prickly Pear 50k and 10 Miles Trail Runs**
McAllister Park in San Antonio. For more information, visit www.www.active.com or call 210-651-6096.
- **March 9, 2013- Center for Refugee Service 5K**
Leon Creek Greenway Park in San Antonio. For more information, visit www.purnellracing.com or call 210-385-8248.
- **March 9, 2013- New Beginnings 5K**
Leon Creek in San Antonio. For more information, visit www.purnellracing.com or call 210-385-8248.
- **March 16, 2013- Donovan's Run: 2nd Annual St. Patrick's Day 5K & Fitness Walk**
McAllister Park in San Antonio. For more information, visit www.iaapweb.com/calendar or email tpeak@uiwtx.edu.
- **March 16, 2013- AVA Jefferson 5K/10K**
Jefferson Area in San Antonio. For more information, visit www.ava.com or call 210-723-8574.
- **March 21-24, 2013- NCAA National Collegiate Fencing Championships**
Freeman Coliseum, San Antonio. For more information, visit www.SanAntonioSports.org or call 210-820-2100.
- **March 22, 2013- ACS Relay For Life Kendall County 12hr Walk**
Located in Boerne. For more information, visit www.relayforlife.org or call 210-614-4213.
- **March 23, 2013- Vision Walk 5K**
Olmos Park in San Antonio. For more information, call 972-378-3555.
- **March 23, 2013- Pinwheel Run-Walk 5K**
UTHSC mini-trails in San Antonio. For more information, call 210-582-6406.
- **March 23, 2013- 5K Wine and Beer Run**
The Shops at La Cantera in San Antonio.

- For more information, visit www.culinariasawine-festival/home or call 210-822-9555.
- **March 24, 2013- Alamo 13.1**
The Alamo in San Antonio. For more information, visit www.alamo131.com or email info@alamo131.com.
- **March 26-29, 2013- NCAA Division II Women's Basketball Championship (Elite 8)**
Greehey Arena, St. Mary's University in San Antonio. For more information, visit www.SanAntonioSports.org or call 210-820-2100.
- **April 6, 2013- Race for the Cure 10K/5K**
Alamodome in San Antonio. For more information, visit www.komensanantonio.org or call 210-222-9009.
- **April 6, 2013- YOSA Beethoven 5K/10K**
Alamo Heights Pool in San Antonio. For more information, visit www.iaapweb.com/calendar or call 210-737-0097.
- **April 6, 2013- 5K Foam Fest**
Cycle Ranch Motocross Park in San Antonio. For more information, visit www.5kfoamfest.com/location-sanantonio-2013 or email yourrock@RoundHouseRacing.com.
- **April 6, 2013- American Lung Association Fight for Air 5K run/walk**
Sea World in San Antonio. For more information, visit www.lung.org or call 210-308-8978 Ext 202.
- **April 7, 2013- Run Wild for Brain Power 5K Run/Walk**
University of the Incarnate Word in San Antonio. For more information, visit www.iaapweb.com/brainpower/contact or email riedel@uiwtx.edu.
- **April 7, 2013- Texas Senior Games 5K/1500M Racewalks**
Heroes in San Antonio. For more information, visit www.jccsanantonio.org or call 210-302-6800.
- **April 7, 2013- Eddie's 5K**
Bluebonnet Palace in San Antonio. For more information, visit www.athleteguild.com.
- **April 13, 2013- NEF 5K Run/Walk**
Farris Athletic Complex in San Antonio. For more information, visit www.athleteguild.com/running/san-antonio-tx or call 210-397-8599.
- **April 13, 2013- Earth Day 5K**
Woodlawn Lake in San Antonio. For more information, visit www.purnellracing.com or call 210-385-8248.
- **April 13, 2013- OCF Fun Run & Walk**
O.P. Schnabel Park in San Antonio. For more information, visit www.mocha-sa.org or call 210-789-8278.
- **April 27, 2013- Shake Rattle & Roll 5K**
McAllister Park in San Antonio. For more information, visit www.oapsg.org.
- **April 27, 2013- Fiesta Flambeau Run**
Grayson Area in San Antonio. For more information, visit www.active.com or call 210-735-8037.

Looking for Maximum Fat Burning? Heart-Rate Training is the Key!

By Julia C. Karlstad, M.Ed., CSCS

WANT TO TURN YOUR BODY INTO A FAT-BURNING MACHINE?

Aerobic (or cardio) exercise is the most efficient method of maximizing fat loss, especially when first starting an exercise program. (Not to say strength training isn't just as important for increasing overall caloric burn and increasing lean muscle, which stimulates the metabolism for long-term weight management — but to target fat, you must exercise aerobically.)

Aerobic exercise basically means exercise involving the intake of oxygen. When you exercise aerobically, you use a large amount of oxygen to burn calories. To burn fat, the body must use oxygen, thus aerobic exercise can target those fat pounds.

The best part is you can actually make your body more efficient at burning fat at higher intensities and longer durations through training, specifically heart-rate training. This should ultimately be everyone's goal. If you are disciplined in training specifically to create the best fat-burning body possible, you'll inevitably have an easier time losing weight, maintaining your weight loss. This



If you really want to be specific and put the science behind your workouts, you should get assessed through metabolic testing. Metabolic testing is the most effective method of measuring one's aerobic base or maximum fat burning capacity. Check your local health clubs to see if any of them offer this testing, also known as indirect calorimetry, maximum oxygen uptake, or O2 testing.

helps explain why fit people tend to be leaner: They've created a body that is very good at burning fat, and therefore it is easier for them to manage their weight.

continued on next page

continued from page 14

The key is to know the exercise intensity at which your body is most effective at burning fat, and this is where heart-rate monitoring comes into play. The point at which you are most effective at burning fat is considered to be your target heart rate, or aerobic base. It is the level of intensity, measured in heartbeats per minute, at which your body can burn the highest number of fat calories per minute. Everyone has a different exercise intensity that he or she is most efficient at burning fat, but generally speaking, you'll burn fat better at low to moderate intensities.

You might say, "But low-intensity exercise goes against everything I've ever known or been told. I always thought you had to be huffing and puffing or you weren't really doing any good." There is a fine line here: It's true that the harder you work, the more total calories your body will burn. However, several problems come into play. Most people can't sustain this level of intensity, and it is fairly hard on your joints if you

haven't exercised consistently for some time.

Partial content from this article was extracted from Rx Fitness for Weight

Loss The Medically Sound Solution to Get Fit and Save Your Life by Julia Karlstad, M.Ed. www.juliakarlstad.com

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- Saturday, March 30th*
- Saturday, April 13th*
- Saturday, April 27th*

For more information about aquatics jobs or to set up a swim skills test at the San Antonio Natatorium, call **(210)207-3299**.



Summer is right around the corner, so why not apply for a great job with the San Antonio Parks and Recreation Department? Working in a recreation center or at a pool is a fun and rewarding experience! For information about the Parks and Recreation Department, visit us at www.sanantonio.gov/parksandrec or give us a call at **(210)207-3000**.



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recipe

Ingredients

- 1 cup chopped onion
- 1/4 cup chopped fresh cilantro
- 2 garlic cloves, minced
- 1 (7-ounce) bottle salsa verde
- 2 cups shredded cooked chicken breast
- 1/3 cup (3 ounces) 1/3-less-fat cream cheese, softened
- 1 cup fat-free, less-sodium chicken broth
- 8 (6-inch) corn tortillas
- Cooking spray
- 1/4 cup (1 ounce) crumbled queso fresco
- 1/2 teaspoon chili powder
- 4 lime wedges
- Cilantro sprigs (optional)

Preparation

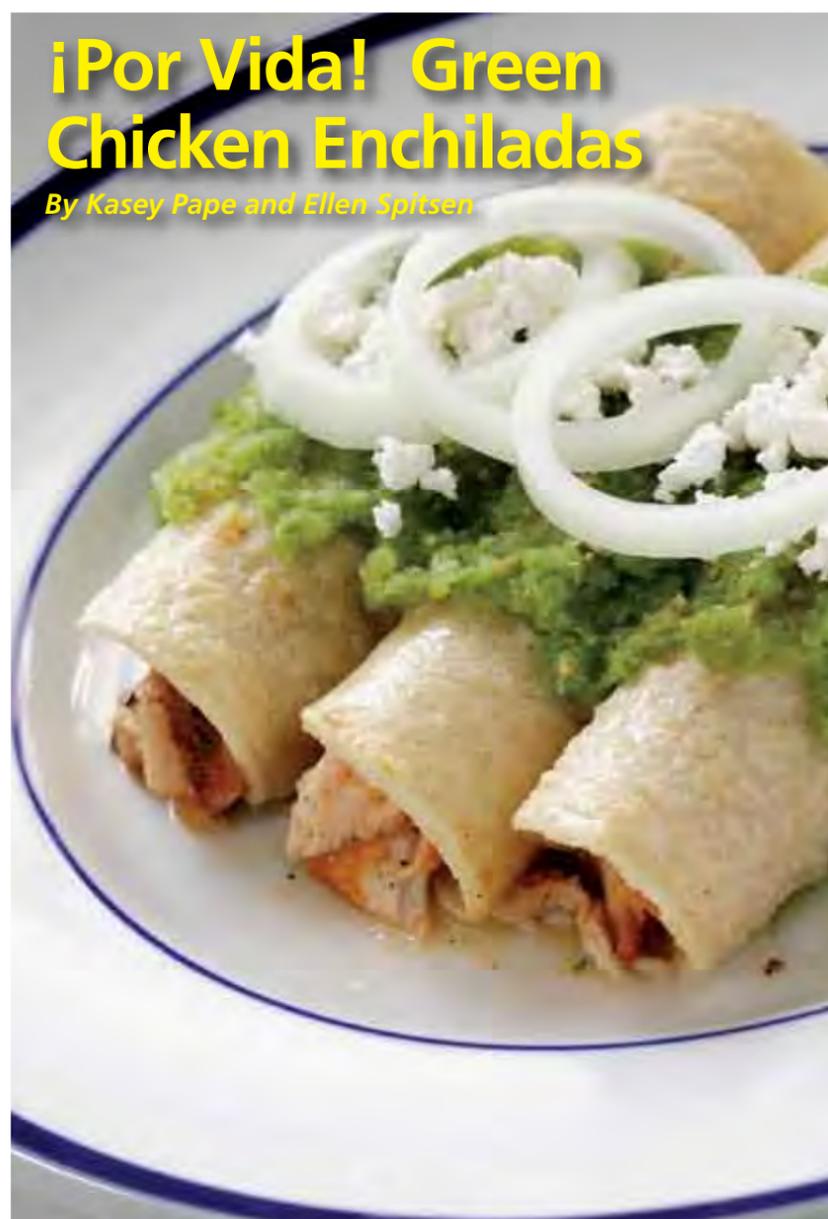
Preheat oven to 425°.

Combine first 4 ingredients in a blender; process until smooth. Combine chicken and cream cheese in a large bowl. Stir in 1/2 cup salsa mixture. Reserve remaining salsa mixture.

Bring broth to a simmer in a medium skillet. Working with one tortilla at a time, add tortilla to pan; cook 20 seconds or until moist, turning once. Remove tortilla; drain on paper towels. Spoon about 1/4 cup chicken mixture down center of tortilla; roll up. Place tortilla, seam-side down, in an 11 x 7-inch baking dish coated with cooking spray. Repeat procedure with remaining tortillas, broth, and chicken mixture.

Pour remaining salsa mixture over enchiladas; sprinkle evenly with queso fresco and chili powder. Bake at 425° for 18 minutes or until thoroughly heated. Serve with lime wedges. Garnish with cilantro sprigs, if desired.

Healthy Tip: A typical chicken enchilada meal with rice and beans at a restaurant can be up to 1500 calories, 50g fat, 30g Sat fat, and 3000mg of sodium.



Yield: 4 servings (serving size: 2 enchiladas and 1 lime wedge)

Per Serving: 330 calories / Calories from Fat 80 / Total Fat 9g / Saturated Fat 4g / Trans Fat 0g / Cholesterol 75mg / Sodium 400mg / Total Carbohydrates 32g / Dietary Fiber 6g / Sugars 5g / Protein 30g

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Weight Management Resource Guide

BMI of Texas

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BMI of Texas specializes in medical and surgical weight loss. Our unique approach stems from our understanding of just how hard it is to lose weight and keep it off. Most patients have tried multiple traditional weight loss programs and lost weight only to see it come back. BMI of Texas helps patients achieve their weight loss goals through a medical weight loss program and/or various surgical procedures including gastric bypass, lap band and gastric sleeve.

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"I had gastric bypass surgery in January 2012. Prior to surgery I had many health issues such as high blood pressure, sleep apnea, and diabetes. Since having weight loss surgery I have lost over 91 pounds and my diabetes is gone (and so are my other health problems)! I am now able to do things by myself and the best part is that I can now plan family outings! My only regret is that I didn't do it sooner. Thank you BMI of Texas and Dr. Seger for giving me the opportunity to live a healthier, happier life." Mary Anne W.

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"I'd tell anybody who's thinking about subscribing to Weight Watchers Online but not sure if they could handle the program that it's so much easier than you think. Just start it. Everything you fear about tracking and not wanting to face what you're eating, I was there. But once I accepted it and really focused, I loved it. It's the best and most successful program you can use because it teaches you a lifestyle and not just a quick fix." Kathie

Commit to Change the Shape of San Antonio

By Carl Owens

Hey, San Antonio, we challenge you to lose one million pounds in 2013! The Commit to Change - Drop a Million Challenge is designed to transform our community and motivate us to literally "change the shape of San Antonio."

Lose a million pounds in 12 months? Can this be done? Absolutely! It starts with making a commitment to take the challenge and inviting your friends and co-workers to join you. With San Antonio's diabetes rate way above the national average, many folks could see huge benefits from even a slight weight reduction. Working together, we can do it. If you're already in great shape, then invite someone you care about to commit to the challenge. Use Facebook and Twitter to tell your friends.

Ready to make the commitment? Sign up for the Commit to Change (C2C) program at the new health station kiosks that will be set up across the city in January. Visit www.Commit2ChangeChallenge.com to find a kiosk near you and get started. Be sure you 'Opt in' to the Commit to Change program, set up your personal profile and then take the basic health assessment to begin tracking your weight, blood pressure and body composition, all at no cost. Your information is secure and compliant with HIPPA guidelines for privacy. You'll get a personal access code to track your progress online and be able to take additional assessments any time at any of nearly 50 kiosks around the city.

There's also a mobile C2C using the same kiosks that will allow employers and others (fitness clubs, large public events, etc.) to set up kiosks on a short-term, temporary basis making it easy for more individuals to get involved. Follow-up assessments can then be done at any of the kiosks around town. Encourage your employer to take advantage of this free program.

Being successful at the Drop a Million

Challenge will require action and activity. Find ways to tweak your diet and incorporate exercise into everyday activities. Set small, manageable goals for yourself. To help you on your journey, the C2C Event Series has been

created to help keep you motivated. The first of three new, large high quality events in San Antonio kicks off on March 3, 2013 with the Alamo City Running Festival. The Great Antonio Swim follows in late July with the Tour de San Antonio Bike Ride in mid-fall.

Remember that nothing changes without first, a commitment to change. Make the commitment to take the challenge! Engage your community and friends to join you. Together we can change the shape of San Antonio! 🍏

You need a deficit of 3,500 calories to lose one pound of weight.

5 Ways to Save 100 calories

- Use milk instead of cream in mashed potatoes.
- Choose diet soda instead of regular soda.
- Eat a small order of French fries instead of a large order.
- Switch to 1% or skim milk instead of whole.
- Use marinara sauce instead of alfredo sauce on pasta.

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