

SAN ANTONIO'S GUIDE *to Health & Wellness*

PeakLifeSA

M A G A Z I N E

mary ullmann japhet

on living life in balance

Success Story
LIVING
INTENTIONALLY

Helpful Tips To
Manage Stress



Ready. Set. Get Fit!



Fitness in the park

Fitness in the Park brings fun & challenging fitness classes to a park near you. Best of all it's 100% free and open to the public. No registration is required. Just come exercise with us!



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Mayor's Fitness Council
City of San Antonio



Interested in volunteering to teach classes? Call us at 210.207.3000 for more information.

San Antonio Parks and Recreation

OPEN MAY - JUNE FOR FITNESS AND FUN!

OPEN MAY 4 - JUNE 13, 2013

4 REGIONAL POOLS:
Heritage, 1423 Ellison Dr.
Lady Bird Johnson, 10700 Nacogdoches
South Side Lions, 3100 Hiawatha
Woodlawn, 221 Alexander Ave.

OPEN MEMORIAL DAY WEEKEND!
May 25th, 26th & 27th
OPEN SWIM:
1:00 p.m. - 7:00 p.m.

LAP SWIM: Tuesday/Wednesday/Thursday
7:30 a.m. to 9:30 a.m.

OPEN SWIM: Tuesday/Wednesday/Thursday
4:00 p.m. to 7:00 p.m.
Saturday
1:00 p.m. to 7:00 p.m.



For more information on our 24 Outdoor Pools call: 207-3299 or visit: www.sanantonio.gov/parksandrec

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San Antonio's Sports' Associate Executive Director/External Affairs Mary Ullmann Japhet talks to *PeakLife SA's* Publisher about finding balance in her busy life.



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Hey San Antonio, what is your favorite local restaurant to enjoy a healthy meal?

We'll be voting in early April. The winning restaurant will be featured in the next issue of *PeakLife SA Magazine*. Visit www.peaklifewellness.com/peaklife_sa to get the scoop on how to vote!



Finding Calm Amidst the **CRAZINESS** of life

daughters ages 6, 8 and 10, my mother went back to graduate school to pursue her Masters of Science in Education. She always managed to keep the home clean, get dinner on the table and drive the carpool to her girls many activities. My mom also found time to pursue hobbies that she enjoyed, such as, bridge, tennis and sewing. Even today at 71 years young, my mom does volunteer work, participates in a book club, plays tennis and helps at her church. She has a life with purpose and enjoys a variety of activities that bring her into balance.

Balance doesn't necessarily mean that you do many different things and do them all well. It means being able to laugh, breathe or deal with the curve balls that life inevitably throws at you. It means, as they remind you every time you step on an airplane, to put on your own oxygen mask before helping those around you.

For this issue, I approached my mentor in Superwoman-hood, Mary Ullmann Japhet. Mary has a full-time job as Executive Director of San Antonio Sports, chairs the Mayor's Fitness Council, serves on multiple committees (including the Advisory Committee of *PeakLife SA Magazine*), and yet she still manages to spend time with her hubby and two active kids. Mary always manages to have a smile and a positive attitude. Read our interview for Mary's tips for staying on top of it all and maintaining balance. We also have a panel of experts who have shared their knowledge about how to best handle stress. Enjoy the issue and have a safe, healthy and **BALANCED** Spring!

Dianne Glover, MPH
Publisher, PeakLife SA Magazine

Try as we may, we cannot escape the stress in our lives. Whether it stems from work, kids, finances, health or a pu pu platter of all the preceding, stress is inevitable. The key is to find healthy ways of dealing with stress. This means that we have activities, practices or skills to bring us back to balance. Finding balance allows us to gracefully take on the challenges that life presents and take care of ourselves in the process.

“ Balance ... means being able to laugh, breathe or deal with the curve balls that life inevitably throws at you.”

When I was growing up in the 70's and 80's, my role model for balance was my mother. As I look back today, I am impressed and slightly baffled at how she managed to do so much. While caring for three young



Lisa Cruz

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



Ashley Currie, R.D., L.D.

Dietician at North Central Baptist Hospital. Ashley is recently married and in her spare time she enjoys spending time outdoors with her husband and dog Scout, watching college football (Gig 'em Aggies), jogging, and creating healthy recipes.



Jennifer Meachum, R.D., L.D.

Director of Community Outreach and Employee Wellness for North Central Baptist Hospital.



Maggie Thompson

Executive Director for the D.R. Semmes Family Y at TriPoint and has a BA in Communication and MS in Nutrition.



Dr. Charles Webb D.C., C.C.S.T.

Founder of the Imagine Wellness Centre. He is the author of several books on wellness, including *Metamorphosis*. His Reclaim 24 wellness system will soon be available to thousands of health care professionals throughout America. Dr. Webb can be contacted at 4imaginewellness@gmail.com.



Jodi G. McMaster

Freelance writer and editor who suffers from terminal curiosity. You can reach her at jodi.mcmaster.writes@gmail.com.



Suzy Monford

Suzy Monford is the President of Food Sport International and EZ's Brick Oven & Grill. Suzy is passionate about helping others in the community lead balanced healthy lives by creating innovative programs for her employees and instructing "Fit Kitchen" programs for the YMCA and San Antonio Sports "Fit Family Challenge."

“In times of stress, the best thing we can do for each other is to listen with our ears and our hearts and to be assured that our questions are just as important as our answers.”

- Fred Rogers, *The World According to Mister Rogers*

BREATHING.

Controlling your breathing is an important part of yoga. In yoga, breath signifies your vital energy. Yoga teaches that controlling your breathing can help you control your body and quiet your mind.

- Mayo Clinic

Upcoming Training Programs



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Designed to safely build up, or maintain your fitness base.

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06/01/13 - 11/17/13

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WE'RE

HYCCHED

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.

SAN ANTONIO BIKES
Office of Sustainability

JOIN US ON 

finding balance

An Interview with Mary Ullmann Japhet

mary Ullmann Japhet is a wife, a mom, a communications professional and a community volunteer. A background in broadcasting, public relations and advertising and a love of sports led her to her current position as Associate Executive Director/External Affairs for the nonprofit, San Antonio Sports. Mary also serves as the 2013 Chair of the Mayor's Fitness Committee. In her spare time, she works to keep up with her children, Kapp, 15, and Ali, 12, and her husband, attorney Chuck Japhet. She is proud that their rescue dog, Carlos, loves her most.

PeakLife SA Magazine's Publisher, Dianne Glover, sat down with Mary to talk about maintaining balance in her busy life.

What is a typical day like for Mary Ullmann Japhet?

What makes me happy and keeps me going is that no two days are ever the same. It's nice to have a little bit of stability, but I have to admit, I'm an adrenaline junkie. That probably comes in some way from having worked in television newsrooms where deadlines are king. Having variety in my life is critical to me. To answer your question, usually I'm up by 6:00 a.m. getting the kids ready and off to school and trying to squeeze in a workout. Then it's off to work at San Antonio Sports, where I oversee external affairs and volunteer as Chair of the Mayor's Fitness Council. By the end of the day, I'm usually off to my son's or daughter's sporting events, or if we're lucky, enjoying a family dinner. Sometimes I get a night out with girlfriends. I try to be in bed by 11 p.m. every night, but it doesn't always work that way.



Cover photo by Robin Jerstad

You are a busy lady. How do you balance that adrenaline high?

Like most women, there's not a lot of "me time," but I'm getting better at carving that out as I get older. I realize that I'm a much better employee, mom and wife if I can clear my head and find some time for myself. Currently that time is when I'm working out. I'm not a workout fanatic, but I make an effort to get to the gym about three days a week. And I love spending time with my kids and husband. While some people may roll their eyes at our family's crazy sports schedule, that's what the Japhet family does. We love going to sporting events and watching our kids participate. Cheering from the stands can be very therapeutic.

Also, there is no underestimating the value of great girlfriends. They're wonderful counterpoints to a crazy life. I'm so grateful to have smart, loyal, funny friends. It's very hard to coordinate because all of us have families and other obligations, but I love when we can get together and just relax, gossip a little and laugh.

With two active kids, a husband, a busy job and the Mayor's Fitness Council, you must be inundated with e-mails, calls, and texts. How do you stay on top of all of it?

You're right; I get a lot of communication. Before I leave the office every day, I try to plan the next day. In the morning, I do some priority work before viewing e-mails because it's really easy to get sidetracked. For me,



Mary and Bill Greehey at the 2010 San Antonio Sports Hall of Fame Tribute

sanity comes with scheduling. Managing my e-mail is a never-ending battle for me. I haven't mastered it, but I am constantly working on it. I am getting better at saying "no."

With so many demands on your time, saying no must be really important. How do you decide what to say no to?

It's a gut check. I am often asked to serve on boards or committees, and it is flattering — but if it's not directly related to my work or to a passion of mine, I will say no. The things that I say yes to I want to be able to execute well. I'm very passionate about the work of San Antonio Sports, which is a full-time job plus some, so I have to be realistic about what else I can fit in. The Mayor's Fitness Council will take a lot of time and energy this year, and I am 100 percent dedicated to doing the best job I possibly can. I love my alma mater, Trinity University, and I serve on a couple of Trinity committees. I'm also

happy to serve on the advisory committee for *PeakLife SA Magazine*. I applaud what the magazine is doing for this community; it is a voice that was very much needed. The other project that I work with is the San Antonio Area Foundation's Women and Girls Development Fund. As the mother of a daughter and a professional woman, I know how important it is to reach back and lift up younger women. I hope somebody does that for my daughter, and I'm grateful for the women [who] did it for me.

A year from now, what would you love to say that you accomplished as the Chair of the Mayor's Fitness Council?

One of my top priorities is to promote fitcitysa.com as the online resource for health and fitness for our community. By the end of 2013, I hope that it is well-known and established as the community-wide resource for health and fitness. Second, I would like to know that the events and programs we have

"A lot of our focus needs to be on the people who are not currently active."

endorsed are moving the needle toward a more fit community. At the end of this year, I would like to see more people participating in health and fitness activities. I hope to see those who are not already fitness advocates take that first step, whether it's joining a walking program, going to a free Fitness in the Park activity or signing up for their first 5k.

A lot of our focus needs to be on the people who are not currently active. Can we get them up and moving? Can we help our citizens understand about good nutrition? We need to make sure that all of these programs and projects are accessible. We need to help eliminate barriers to health and fitness in San Antonio.

What words of wisdom do you have for locals who feel like they have too much on their plates?

Breathe. And be kind to yourself. Give yourself credit for all that went right today. For me, setting short-term goals and keeping a good schedule helps immensely. So does getting some exercise every day, whether that means a sweaty workout or a simple walk with my dog. Also, it is important to feed your spiritual life. Attending church, taking a yoga class, meditating or walking in nature can all bring you back to center.

Great advice.
Thanks so much, Mary.

For more information about local health events and the Mayor's Fitness Council, visit www.fitcitysa.com.



Mary with her children Ali and Kapp

LIVING

INTENTIONALLY



AFTER

BEFORE

BY LISA CRUZ

Doug Heintz, father of three and grandfather to eight, had always been in the fitness industry, so being a volunteer spokesperson for the American Heart Association and advocating for better nutrition, more exercise and healthy habits seemed like a natural fit. But no one would have guessed his journey to heart health would have had him also on the operating table undergoing a six-way bypass surgery.

Heintz's family history with heart disease shaped much of his life. Heintz explains, "I lost my dad to heart disease when I was 18. He was only 49 years old."

Losing his dad at a young age not only impacted his personal development but his professional development as well. In college, Heintz received a degree in physical education with the plan to teach and coach. But, at 23, he was pulled into the fitness center industry, which was just getting started in the early 1970s.

"People were not connecting health and longevity to diet and exercise at that time," Heintz said. "While I wasn't a doctor and could not prove that exercise and diet were critical to health, I loved inspiring people."

But inspiring himself was a tougher battle. In his late 20s, Heintz began to have his own struggles with weight, fluctuating by 10 to 40 pounds each year.

"While my weight fluctuated, I was blessed to see a doctor only a few times until I was 58 years old," He said. "Until then, I figured since I exercised regularly and ate fairly well, I would be okay. But what I hadn't realized was that over the course of 30 to 35 years, I had gained and lost in the vicinity of 800 pounds. I had tried every diet known to man, putting extreme pressure on my body."

In 2005, at the age of 54 and weighing 250 pounds, he realized he was like everyone else and knew if he did not adopt a healthier lifestyle, his weight fluctuations and health risks would increase. He looked at himself in size 42 pants and decided that day he would never be a bigger size.

He started eating healthier, committing to a 95 percent vegetarian diet and exercising six to seven days a week. The weight started to come off. In 2009 and now weighing 187 pounds, he decided to get an executive physical at Health By Design out of the blue. After an abnormal stress test, a follow up with a cardiologist revealed that Heintz had

five arteries at least 90 percent blocked. He was immediately scheduled for surgery. During surgery, doctors found and opened six blocked arteries.

After surgery, Heintz said he was convinced he would not survive. "After losing my dad at such a young age and my mom passing away from an aortic aneurysm in 1987, I was thankful, but I also didn't hold out much hope with my family history."

Nearly two months after surgery, Heintz started his 12-week cardiac rehab program and five months later was downhill skiing and snowshoeing with his family.

"I really wanted to live," Heintz said. "I thought about the people who had skin in the game of my life. It was bigger than me. I thought about my mom and dad. I felt their lives had been stolen from me, and I missed them, but I also realized I missed those

relationships, and I didn't want to steal that from my family."


Heintz now holds his weight steady around 175 pounds and says he is in the best physical condition of his life. He ran the San Antonio Rock-n-Roll half marathons in 2011 and 2012. He has completed two Cystic Fibrosis Tower of the Americas climbs, winning a 1st and 3rd place in his age and gender divisions.

Heintz said willpower played a role in helping him make better health decisions, but his spirituality was even more important. He recalls telling God, "Lord, if I am going to do this, I am going to need your help." And, that connection is stronger than willpower.

Heintz now tells his story through church groups, work, volunteering with the American Heart Association and any place people want to hear his story. And while determination to

live has been key to his success, he said he has stopped having to consciously make the healthier choices every day and decided to look at it from a consequence versus benefit angle.

"When you look at the consequences of a wrong choice versus the benefits of the right choices, it makes choosing easier."

He also reminds people that failure is guaranteed, but it's not the end. "Everyone will have a setback, but if you agree to start over immediately, failure isn't really failure. Now until forever, I want to do my part to educate, motivate and live a healthy lifestyle. I call it living on purpose, with intention." 

Are you a San Antonio success story? We want to hear from you. Please send your story to info@peaklifewellness.com



NEED A WAY TO DISENGAGE FROM YOUR STRESS?

Stop
Take a Breath
Observe what's happening in your body
Proceed

ACCORDING TO THE CENTERS FOR DISEASE CONTROL & PREVENTION, **80% OF OUR MEDICAL EXPENDITURES ARE STRESS-RELATED**

Got Stress?

DO YOGA

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**Classes Monday & Wednesdays
5:30pm - 7pm**

Enrique M. Barrera Community Fitness Center
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\$2 Drop In Class or \$10 for a month

NAFSI YOGA - "MOVE FORWARD WITH YOUR LIFE"



calendar of events

APRIL

APRIL 1, 2013

HAPPY FOOLS 5K

McAllister Park in San Antonio. For more information, visit www.solarsports.com or call 210-366-3701.

APRIL 3, 2013

SARR WEDNESDAY NIGHT ZOO RUN

Brackenridge Park in San Antonio. For more information, visit www.saroadrunners.com or call 210-286-629.

APRIL 4-14, 2013

SENIOR GAMES

Various venues in San Antonio. For more information, visit www.sportsforlife.org or call 210-302-6909.

APRIL 6, 2013

RUN WILD FOR BRAINPOWER 5K

University of Incarnate Word in San Antonio. For more information, visit www.iaapweb.com or email sreed@uwmidland.org.

RACE AT THE RANCH 5K/1K

Kinder Elementary with Wellness Fair. For more information, visit www.raceattheranch.org or call 210-214-0714.

RACE FOR THE CURE 10K/5K

Alamodome in San Antonio. For more information, visit www.komensanantonio.org or call 210-222-0714.

YOSA BEETHOVEN 5K

Alamo Heights in San Antonio. For more information, visit www.saroadrunners.com or call 210-764-9900.

FOAM FEST 5K

Cycle Ranch Motocross Park in San Antonio. For more information, visit www.5kfoamfes.com or email yourock@RoundHouseRacing.com.

ABODE 5K

The Pearl in San Antonio. For more information, visit www.carreraraces.com/pearl or call 210-764-8037.

WILD WOMAN WEEKEND 5K/10K

Blanco Courthouse in Blanco, TX. For more information, visit www.saroadrunners.com.

DOGWOOD DASH 5K

Woodville Elementary in Woodville. For more information, visit www.iaap.we or email bcoates@citizensbank.net.

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

TEXAS SENIOR GAMES 5K/1500M RACEWALKS

Heroes in San Antonio. For more information, visit www.jccsanantonio.org or call 210-302-6800.

EDDIE'S 5K

Bluebonnet Palace in San Antonio. For more information, visit www.athleticguild.com or call 210-385-8248.

RUN FOR BRAINPOWER 10K/5K

UIW in San Antonio. For more information, visit www.iaapweb.com or call 210-233-9453.

2ND ANNUAL LLS 5K AND DOGGIE DASH

McAllister Park in San Antonio. For more information, visit www.solarsports.com.

Siclovía



SAN ANTONIO'S FAMILY ADVENTURE

April 7, 2013 - Siclovía

Bring your family and come play in the streets of downtown San Antonio! 10:00 a.m. until 3:00 p.m. This community event is FREE for all! For more information, visit www.siclovía.org.

RIVER CITY RUN - TOUR OF DOWNTOWN SAN ANTONIO 5K

Front of the Alamo in San Antonio. For more information, visit www.iruntexas.net or call 210-201-3786.

APRIL 10, 2013

SARR BEGINNER RUNNER PROGRAM

Brackenridge Park in San Antonio. For more information, visit www.saroadrunners.com.

APRIL 12, 2013

MAKING HEALTHIER NUTRITIONAL CHOICES

Southwest General Hospital in San Antonio. For more information, visit www.swgeneralhospital.com/seminars.

APRIL 13, 2013

NEF 5K RUN/WALK

Farris Athletic Complex in San Antonio. For more information, visit www.athletguild.com or call 210-397-8599.

EARTH DAY 5K

Woodlawn Lake in San Antonio. For more information, visit www.purnellracing.com or call 210-385-8248.

OCF FUN RUN & WALK 5K

OP Schnabel Park in San Antonio. For more information, visit www.mocha-sa.com or call 210-789-8278.

FRIDAY NIGHT 13TH 5K

TBD in San Antonio. For more information, visit www.determinedracing.com.

SHAKE RATTLE & RUN 5K

PREDICTION RUN

Landa Park Pavillion in Landa Park TX. For more information, visit www.saroadrunners.com or call 830-708-2991.

YOUTH ORCHESTRAS OF SAN ANTONIO

BEETHOVEN 5K/10K

Alamo Heights in San Antonio. For more information, visit www.saroadrunners.com.

MANANA 5K RUN/WALK

Concepcion Park in San Antonio. For more information, visit www.iaapweb.com for more information.

ANY BABY CAN WALK FOR AUTISM

AT&T Center in San Antonio. For more information, visit www.iaapweb.com or call 210-227-0170.

NEF 5K RUN/WALK

Farris Athletic Complex in San Antonio. For more information, visit www.athletguild.com/running/san-antonio-tx or call 210-397-8599.

4TH ANNUAL JAG-A-THON 5/10K

Claudia Taylor Johnson HS in San Antonio. For more information, visit www.iaapweb.com.

APRIL 20, 2013

SARR FIESTA MISSION 10K & KIDS RUN

Mission County Park #2 in San Antonio. For more information, visit www.saroadrunners.com or call 210-735-8037.

APRIL 20, 2013

PATIENT INSTITUTE 5K

Westover Hills in San Antonio. For more information, visit www.carreraraces.com or call 210-764-9900.



April 20, 2013 - 6th Annual Providence to Pearl (P2P) 5K Run/Walk

8 a.m. Pearl Park Amphitheater
The P2P 5K route weaves along one of the most beautiful spots in San Antonio--the Riverwalk Museum Reach. Packet pick up will be Thursday, April 18 and Friday, April 19th at Providence Catholic School, 1215 North St. Marys, 78215. Participants receive goody bag, race t-shirt, and MORE!

APRIL 20, 2013

CAMINDA DE FIESTA 5/10K

Beethoven Mannerchor Halle in San Antonio. For more information, visit www.ava.org or call 210-658-8324.

APRIL 27, 2013

VIVA LA VIDA FAMILY FITNESS EVENT

Village at Stone Oak Shopping Center from 11:00 a.m. to 2:00 p.m.; Free community event. For more information, call Jennifer at 210-381-3067.

FIESTA FLAMBEAU RUN

Grayson Area in San Antonio. For more information, visit www.active.com or call 210-735-8037.

SHAKE, RATTLE & ROLL 5K

McAllister Park in San Antonio. For more information, visit www.oapsg.org or call 210-450-0551.

THE ATHLETE'S FOOT-MUDDY MAYHEM

W.W. White Road & Casas Road in San Antonio. For more information, visit www.purnellracing.com.

MAY

MAY 1, 2013

SARR BEGINNER RUNNER PROGRAM

Brackenridge Park in San Antonio. For more information, visit www.saroadrunners.com.

MAY 3, 2013

WALK & ROLL TO WORK RALLY

Main Plaza in San Antonio. For more information, visit www.walkandrollsa.com.

MAY 4, 2013

SARR FREE FUN RUN

McAllister Park Pavillion #1 in San Antonio. For more information, visit www.saroadrunners.com.

WITTE MUSEUM BOOT SCOOT AND 5K

Witte Museum in San Antonio. For more information, visit www.iaapweb.com or email tishacortines@WitteMuseum.org.

MAY 5, 2013

MILSA MILA

The Gardens at West Green in San Antonio. For more information, visit www.iaapweb.com.

MAY 11, 2013

JON'S RUN 5K AND KIDS RUN

Morgan's Wonderland in San Antonio. For more information, visit www.iaapweb.com or email kratcliff@anybabycansa.org.

QUEST FOR SUCCESS 5K

Concepcion Park in San Antonio. For more information, visit www.iaapweb.com or call 210-460-4690.

DISNEY JUNIOR DOC MCSTUFFINS

CLINIC

North Central Baptist Hospital in San Antonio. For more information, For more information, call Jennifer at 210-381-3067.

MAY 12, 2013

RUN THIS MOTHER 5K

OP Schnabel Park in San Antonio. For more information, visit www.runthismother5k.com.

MAY 17, 2013

MOTHER'S DAY CELEBRATION AND BLOOD PRESSURE SCREENINGS

Southwest General Hospital in San Antonio. For more information, visit www.swgeneralhospital.com/seminars.

MAY 18, 2013

POLICE & FIRE 10K/5K

McAllister Park in San Antonio. For more information, visit www.purnellracing.com or call 210-385-8248.

AMERICAN DIABETES ASSOCIATION EXPO

Henry B. Gonzalez Convention Center in San Antonio. For more information, visit www.diabetes.org/in-my-community/expo/2013 or call 1-888-DIABETES ext. 6129.

ARTHRITIS WALK

University of the Incarnate Word in San Antonio. For more information, visit www.kintera.org/faf/home or call 210-380-8171.

MAY 25, 2013

POLICE OFFICERS & FIRE FIGHTERS MEMORIAL 5/10K

McAllister Park in San Antonio. For more information, visit www.purnellracing.com.

MAY 26, 2013

AMERICAN HERO RELAY 25K

Wheatley Heights in San Antonio. For more information, visit www.americanhero25krelay.org or call 210-822-6634.

JUNE

JUNE 1, 2013

SARR FREE FUN RUN

McAllister Park Pavillion #1 in San Antonio. For more information, visit www.saroadrunners.com

JUNE 6, 2013

HAPPY FATHER'S DAY CELEBRATION AND FALL PREVENTION TALK

Southwest General Hospital in San Antonio. For more information, visit www.swgeneralhospital.com/seminars.

ARMED FORCES FLAG 5/10K

Blue Bonnet Pallace on Schertz Pkwy. For more information, visit www.purnellracing.com.

JUNE 15, 2013

SARR CARRABBAS HALF MARATHON AND RELAY

McAllister Park in San Antonio. For more information, visit www.saroadrunners.com.

JUNE 22, 2013

DISNEY JUNIOR DOC MCSTUFFINS CLINIC

St. Jude's Ranch Children's Shelter Time; Free event for children's stuffed animal or toy based on the new Disney Junior cartoon. For more information, call Jennifer at 210-381-3067.

Question

BY JENNIFER MEACHUM, R.D., L.D.

Dear Jennifer, I'm a big-time stress eater. The crazier my life gets, the more I munch. Any suggestions to help stop the madness? - Kelly

& Answer

Kelly,

Congratulations on taking the first step in stopping the munchie madness by admitting there's a problem. There is no question that stress bites . . . literally. Emotional eating can be detrimental to overall health and well-being. When we turn to food during stress, we are not typically reaching for celery sticks and apples. We typically consume large amounts of "comfort" or junk food. These unhealthy eating habits can lead to overeating, weight gain, depression and low self esteem. Unfortunately, emotional eating provides only temporary stress relief and can become a habit that can be difficult to break. Try these specific strategies to turn your body into a stress-fighting machine.

• Identify your stress triggers

Identifying when, what, or who your stress triggers are can be a useful tool in helping develop alternative coping strategies. Keep a food and mood diary; record what you are eating and how you are feeling at the time. Examples of alternative coping strategies may include taking a warm bath, walking the dog, listening to music, getting a massage, meditating, prayer, etc.

• Fill up on feel good fuel

Fill up on foods that make your body feel good by incorporating fresh fruits and vegetables, whole grains, low fat dairy, lean proteins, and plenty of water. Sticking to a balanced diet will ensure that your body is able to withstand periods of stress by decreasing cravings, giving you more energy and helping your body get the vitamins it needs.

• Find comfort in chocolate

That's right, you have a prescription to eat chocolate! Eating one ounce of dark chocolate each day can increase blood flow to the brain; chocolate contains a natural anti-depressant serotonin and can increase levels of the body's pleasure chemical, endorphins. Chocolate is also excellent for cardiovascular health.

• Move to boost your mood

Find a form of exercise you enjoy, and use it as one of your secret stress fighting weapons. Exercise can improve self confidence and overall outlook on life, which can be key in times of stress. Just like chocolate, exercise also stimulates the release of natural feel



good hormones, endorphins. To increase the benefits of exercise, do it with a partner. Having a support network can make exercise more fun and help you be accountable.

• Strive for six

Sleep deprivation can aggravate feelings of stress and also increase appetite hormones. Aim for a minimum of 6 to 8 hours of sleep each night. Getting plenty of shut eye will help you feel energized and ready to tackle those stressful situations.

• Take a breather

Deep breathing on a daily basis can help with stress management and overall relaxation. It can reduce the physiological symptoms of stress, also known as the "fight or flight" reactions, such as increased heart rate, blood pressure, and muscle tension. An added perk of breathing is that you can do it anytime, anywhere, especially when you are unable to escape a stressful situation. Practicing yoga and meditation can help you develop good deep breathing techniques.

• Catch some rays

During times of stress, make sure you soak up at least 15 minutes of sun per day. Sun exposure is a great source of vitamin D levels which may help in improve your mood. If getting time in the sun is not possible, consider taking a supplement containing 1000 IU of vitamin D each day. Foods to incorporate to help boost vitamin D levels include fatty fish, milk, cheese, egg yolks, fortified cereals and orange juice, and mushrooms.

Try one or more of these tips to help end the mindless munching. I wish you all the best on your journey towards better overall health!

Do you have a question about healthy eating? Ask the dietician! Please send your question to info@peaklifewellness.com

Sweet & Spicy Pork Tenderloin



BY ASHLEY CURRIE, R.D., L.D.

INGREDIENTS

- 2.5# pork tenderloin, trimmed of all visible fat
- ½ tsp each: black pepper, allspice, chili powder, and garlic powder
- 2 Tbsp honey
- 1 Tbsp minced garlic
- 1 tsp olive oil

DIRECTIONS

1. Lightly mist a roasting pan with non-stick cooking spray.
2. In a small bowl, combine the spices. Rub the pork with the olive oil then rub with spice mixture until coated. Refrigerate 15 minutes.
3. Combine honey and garlic in a small bowl and whisk well.
4. Set a large non-stick skillet over medium high heat until it is hot, about 3 to 5 minutes. Remove the pan and spray with cooking spray. Place the pork in the pan and cook for one minute per side, until browned.
5. Transfer to the prepared pan and baste with the honey mixture.
6. Roast the loin in the oven at 350° for 16-18 minutes or until it reaches 160°. Remove from the oven and cover the pork loosely with foil. Let stand for 10 minutes before serving.

"I was a little excited but mostly blorft. 'BLORFT' is an adjective I just made up that means 'Completely overwhelmed but proceeding as if everything is fine and reacting to the stress with the torpor of a possum.' I have been blorft every day for the past seven years."
- Tina Fey, *Bossypants*

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**Stressed?
Deal With It!**

BY DR. CHARLES WEBB

Stress damage is inevitable. It comes from injuries, the air we breathe, the food we eat (or don't eat), the beverages we drink, the medications we take, the chemicals around us and the negative emotions we choose to embrace.

The hints of stress damage emerge when we are in our teens and early twenties, but those hints are often easy to miss. Yet the damage keeps building. Then one day we "wake up" and begin to see and feel our youth and vitality slipping from our grasp. Yes, it is indeed an awakening — a very, very rude one!

Don't get me wrong. You can't totally eliminate stress damage. Very slow damage occurs even under the best of conditions. It's nature's way. Death is the final outcome of being overwhelmed by stress. Few of us are immune.

The question is must we hasten the process? And must we struggle through a poor quality of life for 30, 40, 50 or even more years because we have been making bad choices and ignoring the danger signs? For most of us, this is not necessary, but it is the norm.

Personal wellness potential varies across individuals, of course, but Big Myth, Big Medicine, Big Pharma, Big Fake Foods and Big Chemistry make it very hard for you to even begin to understand your potential. But I promise that the hidden harmonies of optimized living are ready to support you as soon as you start to take some responsibility for your life.

It's optimized living that we're talking about here! It's a way to **BREAK THE BRUTAL STRESS CYCLE** before stress does so much damage that you can no longer recover. 🌱

Here Are A Few Simple Tips To Help You Start:

- 1** Sacrifice for a short time, today, to change your negative habits. Then you can enjoy the resulting benefits for a lifetime.
- 2** Please don't fall for the illusion that government and health insurance are your safety nets. Take responsibility for your health.
- 3** Understand your need to change your ways. But equally important, recognize there will be obstacles to making the changes you need.
- 4** Baby steps towards a healthy lifestyle that you take today can have a lasting effect for years to come.

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EXERCISE THE STRESS AWAY!

BY MAGGIE THOMPSON



• **SELF-ESTEEM BOOST** – You feel better knowing you are doing something good for your body on a regular basis.

Below are five different types of exercise that have different ways of reducing stress. If you are not already involved in regular activity, seek out one of these great classes.

YOGA

Meditation and deep breathing, known as pranayama, have proven physical benefits, while asanas or what westerners refer to as “yoga” is often recommended by doctors for a wide variety of ailments ranging from back injuries to arthritis.

Yoga is a mind/body class that explores gentle movements to increase flexibility, strength and well-being. You are led through stretches, yoga poses and breathing practices and you complete the class with deep relaxation exercises for whole body balance and mind/body focus.

CARDIO – STEP

Step is a form of cardio exercise that improves your fitness by keeping your heart rate consistently elevated with easy-to-follow choreography mixed with optional power intervals using the step. Breathing becomes regulated and oxygen increases to the brain. You have FUN while at the same time challenging yourself to do your best.

Continued on Page 22 >>>>>>

We have demanding jobs, so many family activities, holidays, bills, barking dogs and the list goes on! What can we do to decrease the stress in our lives? In addition to tools such as deep breathing or meditation, exercise is a wonderful stress reducer!

How does it work?

• **BRAIN CHEMICALS** – Exercise essentially burns away chemicals like cortisol and norepinephrine that cause stress. Other chemicals like dopamine, serotonin are also released in the brain during exercise and make us feel better.

• **RHYTHM** – Rhythmic running on an open road or treadmill can relax and clear the mind.

• **BREATHING** – A deep breathing pattern occurs automatically when we exercise, which increases oxygen to the brain and increases a relaxation effect.



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Continued From Page 20

BODYFLOW

BodyFlow is a combination of tai chi, yoga and Pilates that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a workout that brings the body into a state of harmony and balance. BodyFlow helps you find your "calm" by challenging the body's strength against your own weight and mind. This helps to exert you before you stretch. The class ends with a relaxation exercise.

ZUMBA

Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program that gives your body an energizing, exhilarating workout. The music and the movements inspire a love of working out.

PILATES

Pilates borrows from yoga, ballet and gymnastics to create mind/body work that is oriented at core training, overall strengthening and flexibility. Pilates is a mind/body movement that heightens awareness, increases mind/body connection, improves posture and improves balance. Regular breathing patterns are incorporated into the workout.

Step out of your comfort zone and try a high-energy movement class, like Zumba or step. Or stretch yourself with a workout, such as Pilates, yoga or BodyFlow, that brings awareness to the mind-body connection. Either way, you will reduce your stress and feel fantastic!



QUOTABLES

"If you ask what is the single most important key to longevity, I would have to say it is avoiding worry, stress and tension. And if you didn't ask me, I'd still have to say it." - George Burns

HERE'S WHAT'S COMING UP IN Peaklife SA Magazine:

SUMMER 2013 SA'S HEALTHY EATERIES
Chow down without the letdown. We'll show you where!

FALL 2013 HEALTHY KIDS
Are your kids on track for a healthy life? Find the latest information here.

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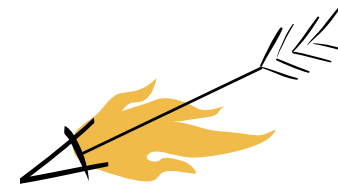
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