

SAN ANTONIO'S GUIDE *to* Health & Wellness

PeakLifeSA

MAGAZINE



*¡Por Vida!
Healthy
Dining
—for—
life*

**EXCLUSIVE KEEPSAKE:
SA PARKS MAP**

From Couch to
5K in Eight Weeks!

View
**Winners
of
Readers'
Choice:**
Favorite
SA Eateries

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On the Cover - ¡Por Vida! Healthy Dining For Life

Norma Zuniga, RD, LD,
President, San Antonio Dietetic Association & Health Program Manager for SA Metro Health WIC Program

Kathy Shields
Chronic Disease Prevention Manager, SA Metropolitan Health District

Yolanda Arellano
Executive Director, San Antonio Restaurant Association

These three organizations collaborated to make healthy choices at San Antonio eateries easy to find.

Cover Featured Plate: Egg & I's Por Vida! approved Vera Cruz Chicken & Avocado Omelette

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Get off the couch and race-ready in only 8 weeks!

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CONTENTS

Here's How a Few of our Favorite Locals Tame Their Food Cravings

"After dinner, I try to avoid late night snacking."
- Mayor Julian Castro

"I'm a huge sandwich and burger gal-that comes with a ton of bread. I tend to take the buns off, eat the burger with a knife and fork, then limit my fry intake to half of the serving size. Works for me!"

- Alanna Sarabia, Entertainment Reporter, San Antonio Living Show

"I pay attention to the 'hidden' ingredients in what may look like a healthy dish that can add unwanted sodium and saturated fat. For instance, steamed vegetables loaded with butter. I ask for no butter or sauce."

- Minka Misangyi, PhD, Executive Director, Girls on the Run of Bexar County

"When I'm eating out, I really try to avoid dishes with cream-based sauces and cheese...these usually add up to a full day's worth of calories from fat! I usually stick to vinaigrettes (for salads) and ask for them on the side. I remember what one of the Dieticians from the Cooper Institute always teaches in her classes - cheese is not your friend!"

- Kate Rogers, Vice President, Partner Communication & Engagement, H-E-B

"I believe I was a hummingbird in my previous life; always moving, shining in bright light, eating little but eating often! If 1 is 'starving' and 5 is 'gorged,' I try to stay in the 2-4 range."

- Tim Derk, Spurs Sports & Entertainment Service Innovation Associate Manager ... Coyote Emeritus.

Letter from the editor

"Let food be thy medicine & medicine be thy food"

-Hippocrates



Dear Readers,

I would truly love to tell you about how my husband, daughter and I sit down to a healthy home-cooked meal every night, say our blessings, share stories and slowly ingest our meals. In reality, most nights don't play out that way. With my daughter's after-school activities, my busy career and a commuting husband, all three of us are constantly on the go. We are happy to get one night a week when all of our schedules are flexible enough that we can sit down together at home. The rest of the week, I am always looking for fast, flexible healthy options for me and my family. How can we eat on the go or sit down at a restaurant and still choose healthy options? With so many choices (and so many fantastic restaurants in San Antonio), the options can be overwhelming.

So, we asked you, lovely readers, to tell us your favorite spots for healthy meals outside the home. We had hundreds participate in our online survey. And the winners are ... look inside!

Another resource to assist you with selecting healthy dining options in San Antonio is the ¡Por Vida! program featured in our cover story. It's as simple as looking for the ¡Por Vida! logo on menus of local restaurants.

You also don't want to miss our featured success story. NEISD teacher Aaron Wentworth shares his story of shedding weight and starting a movement to inspire his friends and colleagues to get active.

We also have more great treats like a pull-out map of all of San Antonio's parks, a fabulous salmon recipe and so much more! Here's to eating well, moving more and living your Peak Life this summer!

Dianne Glover
Publisher, PeakLife SA Magazine



Rudy Acevedo

Rudy Acevedo is a certified running coach, a physical fitness specialist and a certified yoga instructor. To learn more about R+R, visit their website at www.Training210.com or e-mail rudy@Training210.com.



Jennifer Meachum, RD, LD

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



Jodi G. McMaster

Jodi G. McMaster is a writer, professor, editor, and her shameful secret is that she's a recovering attorney. The accomplishments she's most proud of, though, are her thirty-year marriage to a guy she still likes and the fact that her adult children and their spouses seem quite happy to talk to her.



Kasey Pape MS, RD, LD

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



Ellen Spitsen

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



Jan Tilley MS, RD, LD

Jan Tilley MS, RD, LD is a national leader in nutrition consulting, dietary wellness and weight management, as well as a passionate and highly sought after motivational speaker.

QUICK TIPS FOR EATING OUT

1. Say "no" to the "freebies" that waiters bring before meals. Bread baskets and tortilla chips can rack up the calories even before the entrees arrive.
2. Avoid items that are fried, creamed, crispy, au gratin, sautéed or buttered; these words are red flags for high fat and calorie-dense entrees. Choose items that are steamed, baked, grilled or broiled.
3. If you are eating out at a chain restaurant, check their website in advance for the healthiest options.
4. If in doubt about how a restaurant entrée is prepared, ask.

5. Don't be shy about asking the waiter if they can put sauces on the side or prepare the entrée an alternate method.

6. Typical restaurant entrees are

plenty for two. Consider sharing a dish with your dining companion or asking the waiter to pack ½ of the meal to go.

7. Avoid drinking your calories by choosing water or club soda.

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¡Por Vida! — *Healthy Dining for life*

By Ellen Spitsen and Kasey Pape MS, RD, LD

Whenever you eat outside the home, there are myriad choices. San Antonio has fantastic Mexican, Vietnamese, seafood, American, Thai cuisines -- and the list goes on. When you find a restaurant that the whole family agrees on, how do you know what hidden fat, calories and sodium lurk within?

of your recommended calorie intake according to the USDA Dietary Guidelines. Sodium levels can be even more out of line. Average sodium consumption is more than 3,300 milligrams per day, nearly twice what is recommended for the majority of adults.

For customers of ¡Por Vida! partner restaurants, all they have to do is look for the ¡Por Vida! logo to ensure what they eat will be less

than 700 calories, 23 grams of fat and less than 750 milligrams of sodium. "¡Por Vida is designed to make it easier to eat healthy when dining out," said Kathy Shields, Chronic Disease Prevention Manager with Metro Health. "Restaurants are such an important part of the solution to the obesity epidemic, and we are proud to be working together to meet this challenge."

Norma Zuniga, a registered dietician and incoming SADA President and WIC program manager at Metro Health, feels that the ¡Por Vida! program is a step in the right direction. "I never imagined that the program would grow to be what it is today, but I am very proud of what it has become."

"Restaurants impact the whole family," States Yolanda Arellano Executive Director of SARA. "When you work together as a team (as the HRC does) it allows creativity to happen and a choice to be given to the customer."

Since its beginning, the ¡Por Vida! program expanded and now includes 13 restaurants and ten institutional cafeteria settings, such as hospitals, worksites and universities. Recently, Papouli's Greek Restaurant began serving ¡Por Vida! meals though they were already qualified with the national initiative, Healthy Dining Finder.

"The ¡Por Vida! requirements are even more strict," said Nick Anthony, Papouli's founder and owner, "which is one reason why we so eagerly joined up."

Join the movement towards a healthy SA for you and your family! Visit www.porvidasa.com to view ¡Por Vida! items on the ever-growing list of participating restaurants. Remember that when you choose "¡Por Vida!" you make a better choice "for life!"

“The program is designed to help San Antonians find the healthy options while eating out.”



¡Por Vida! is how. The program is designed to help San Antonians find the healthy options while eating out.

In a city with the diabetes rate double the national average, three local organizations felt propelled to simplify the process of selecting healthy choices from local menus. In 2009, the Healthy Restaurants Coalition (HRC) formed and created ¡Por Vida! The HRC was formed by Metro Health, the San Antonio Dietetic Association (SADA) and the San Antonio Restaurant Association (SARA). The goal of the coalition in creating ¡Por Vida! was to promote healthier choices when eating out.

It's not uncommon for a restaurant meal to hover around 1,000 or more calories -- more than half



News Briefs

News and events in the San Antonio area

The San Antonio B-Cycle program is proud to announce the addition of five new stations. Bicycle riders now have 35 B-Cycle stations to utilize bicycles for 30 minute increments. B-Cycle projects that they will expand to 50 stations and 500 bikes by the end of 2013. Learn more at sanantonio.bcycle.com

Get active, get fit and get close to nature by exploring the Howard W. Peak Greenway Trails System! On September 6, 2013, the San Antonio City Council voted unanimously to name the City's popular system of greenway hike and bike trails in honor of former Mayor Peak.

Registration is open for track & field, soccer and swimming competitions that are part of the Bexar County Games presented by Ancira. The 2013 Bexar County Games is a community-wide youth sports competition and registration fees start at just \$5 per athlete and \$30 per team. Visit SanAntonioparts.Org for details.



More than 76 million U.S. adults have high blood pressure, and many of them don't know it or don't experience typical symptoms. If uncontrolled, high blood pressure can lead to severe heart problems and is also the number one cause of stroke. The American Heart Association's High Blood Pressure Management

program helps educate the community on the risk factors associated with heart disease, primarily high blood pressure, and encourage community members to check and record their blood pressure at least twice a month. Participants can choose to be paired with a volunteer health coach, who will provide resources and motivation to stick with a blood pressure management plan over the course of four months. To sign up for this free program, contact Nora Silva at 210-617-2611 or nora.silva@heart.org or sign up at www.heart360.org/gettogoalsanantonio.

The San Antonio Food Bank and the San Antonio Housing Authority have partnered to host the 2013 SAHA Farmers' Market. Residents can enjoy the open-air market while supporting local farmers and eating healthy. There will be food vendors, live music, and fitness. The Farmers' Market will be held the second and fourth Thursday of each month from 10:00 a.m. – 1:00 p.m. at 818 S. Flores St. San Antonio, TX 78205.

100
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NEISD Teacher Gets Healthy One Mile At A Time

By Jodi McMaster

Aaron Wentworth was the teenager who could eat all the pizza and drink all the soda and stay thin. Looking at the 6'4" Wentworth today, you'd think it never caught up with him. You'd be wrong. Although he's now a slim 185 pounds, he once weighed 250 pounds (which would still only put him in the "overweight" column, not "obese") and got a wake-up call that changed his life.

"My father's a type 2 diabetic," says Wentworth. "Truly, watching it happen to my father, I probably never in my life had said, 'Oh, this is something I need to be aware of.'"

Wentworth started gaining weight even though his career as an elementary school teacher kept him more active than most. "The body just isn't engineered to be sedentary," he notes. After the birth of his only child, he found himself eating more and putting on weight.

Wentworth isn't alone. According to the American Diabetes Association, San Antonio has twice the national average of diabetics, 14% of the population. According to the Centers for Disease Control and Prevention, only seven percent of prediabetics are aware of their condition. "Without lifestyle changes to

improve their health, 15% to 30% of people with prediabetes will develop type 2 diabetes within 5 years," the CDC reports in its "Prediabetes Facts."

Once Wentworth was made aware of the prediabetes, he began looking for ways to change his lifestyle. He first focused on eating habits: portion control and food quality. He lost an initial 60 pounds, but still ended up with a diagnosis of type 2 diabetes. Adding the exercise



Aaron with wife, Debe

component (and medications) helped him move back to a high-normal blood sugar level, but he will have to check on it for the rest of his life.

Wentworth credits the HBO special "Weight of the Nation"

as the inspiration for developing a program that's seeing results. He recognized that the 100-mile walk as depicted in the series wouldn't work as a long-term solution for most people. He came up with an inventive twist.

Wentworth invited his co-workers to join him in a 12-week quest to hit 100 miles of movement—minimum. "If you walk, jog or run, then a mile is a mile. However, because there are about 1,000 other ways to MOVE, all other activities equate to one mile for every 15 minutes you're involved in that activity," he says in his introductory group email. He tries to keep it simple.

"I try to encourage people to move one to two miles a day, six days a week," says Wentworth, "which works out to more like 145 miles." But his first priority is to get participants to hit the 100-mile goal. "I've been fortunate that people have taken it further."

The group started with 25 Woodstone Elementary School co-workers, originally called the 100 Mile Club. "I started with people I worked with, and then starting asking everyone I know," he says with an infectious laugh. The club keeps growing, with almost 100 current participants. Last fall's group of 70 participants, even with the challenge of the holiday season, logged a total of 8,700 miles.

The ingenuity of the program is that it uses the proven success of working out with and being accountable to others, but allows

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the flexibility available through the Internet. Wentworth sends out weekly motivational emails and asks people to check-in, using the honor system, on a shared Google spreadsheet. "I try to persuade people to keep on going," he says.

His program has seen the most success with those struggling with making exercise a part of their life. "Women seem to have more challenges," he observes. "It seems as though it's harder for them to take the time out. I tell them to be a little selfish. It's good for your health and good modeling for your kids."

Others have "graduated" from his program. His uncle, for example, had made the daily exercise a habit but was forgetting to keep his numbers in the spreadsheet. "I forget," said the uncle, "and that makes me look like a flake on your spreadsheet." Wentworth recognizes that it's an indicator of progress; it's such a part of his uncle's life now, he doesn't have to think about it.

Trying to think big, Wentworth is changing the name of the program to "A Mile for Life" to avoid conflicts on the Internet. But, just like his program, although the dream is large, Aaron Wentworth is taking it one mile at a time.

Tips from Aaron

1. How you move is not as important as moving.
2. Life happens. If you need to take a break, try to get back to exercise as soon as you can.
3. Even when you're "mentally exhausted," you still need to get physical.
4. Putting your exercise first isn't selfish; it's necessary.
5. Start where you are and push from there.

If you are interested in joining Aaron's movement, learn more on Facebook, www.facebook.com/amileforlife.

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calendar of events

Check out the upcoming events and activities in San Antonio area

July

JULY 3, 2013

SARR ZOO RUN

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

JULY 4, 2013

INDEPENDENCE FOUR MILER WALK/RUN

Texas A&M San Antonio. For more information, visit purnellracing.com.

4TH ANNUAL RUN FOR THE CHILDREN 5K & 1 MILE WALK

Canaan Land Ranch in San Antonio. For more information, visit solerssports.com or call 210-892-2902.

SARR FREEDOM DAY 4 MILER

Hero Stadium/Morgan's Wonderland in San Antonio.
For more information, visit Active.com or call (210) 789-6851.

JULY 5-7, 2013

IRUN TEXAS-BITTERS OPENING EVENTS

Loop 1604 in San Antonio. For more information, visit iruntexas.net.

JULY 6, 2013

FRE-DA'S RUN 5K FOR THE ARTS

San Antonio. For more information, visit iaapweb.com or email ceci@iaapweb.com.

JULY 6, 2013

FIGHTING ALS WITH JAY 5K

Los Patios Café in San Antonio. For more information, visit saroadrunners.com.

JULY 8, 2013

40TH ANNUAL FREE SPIRITS FESTIVAL

MacArthur High School in San Antonio. For more information, visit fitcitysa.com or call (210) 822-6634.

JULY 12, 2013

HEALTHY COOKING CLASS: VEGETARIAN DISHES

University Health System in San Antonio. For more information, visit universityhealthsystem.com or call (210) 358-7100.

JULY 13, 2013

GUSTO RUN AT MISSION REACH

Mission Reach in San Antonio benefiting the American Heart Assn-SA. To register, visit carreraraces.com.



JULY 14, 2013

TOO HOT TO HANDLE 5K/15K

Boerne City Lake, Boerne TX
Are you ready for extreme fun in the sun? Come out and fight the Texas heat and humidity. Following the race, enjoy great food, cold drinks and a morning by the water. This is the high point of the summer running calendar. Online registration at www.iruntexas.net/Races/TooHot/toohotinfo.htm

JULY 19, 2013

USA JUNIOR DIVING SENIOR ZONE C

Northside Swim Center in San Antonio. For more information, visit sanantoniosports.org.

JULY 20, 2013

BEXAR SWIMMING GAMES

Northside Swim Center in San Antonio. For more information, visit sanantoniosports.org.

ANNUAL SARR WOMEN'S

5K RUN/WALK

HEB #43 Lincoln Heights in San Antonio. For more information, visit saroadrunners.com or email SRSEEKER@MSN.COM.

ORANGE LEAF HALF MARATHON & 10K

Orange Leaf-Creekside in New Braunfels. For more information, visit solerssports.com or call (830)708-2991.

JULY 28, 2013

TRIPPEARL

One Trinity Place in San Antonio. For more information, visit active.com or tripearl.org.

AUGUST 3, 2013

BATTLE OF THE MAC PARK 8K & 16K

McAllister Park in San Antonio. For more information, visit solerssports.com or email: bart@scallywampus.com.

AUGUST 7, 2013

UNIVISION - UNASE AL RETO FAMILY WORKOUT

Woodlawn Lake Park in San Antonio. For more information, visit fitfamilychallenge.com.

August



AUGUST 10, 2013 SUMMER CELEBRATION A ROLLING OAKS MALL

10 a.m. - 1 p.m. North Central Baptist Hospital sponsors free health screenings, exhibits, games, arts & crafts, Radio Disney live, meet physicians and more. Your old pair of sneakers supports Bexar County Girls on the Run and earns you an event t-shirt.
For more information, call 210-297-7005.

LOTERIA 5K RUN/WALK

San Antonio. For more information, visit iaapweb.com or email ceci@iaapweb.com.

PRIMITIVE 5K RUN

Brackenridge Park in San Antonio. For more information, visit chefknow.wix.com/primitive5krun or call (210) 322-0269.

AUGUST 13, 2013

RUN WITH SAMA

San Antonio Museum of Art in San Antonio. For more information, visit fitcitysa.com or call (210) 978-8100.

AUGUST 15, 2013

DIABETES SELF MANAGEMENT

Baptist Medical Center in San Antonio. For more information, visit healthpost.com/events.

AUGUST 17, 2013

"CELTIC CRAWL" 5K FUN RUN / WALK

Shavano Park City Hall in San Antonio. For more information, visit saroadrunners.com.

5TH ANNUAL C.O.P.S. 5K / 12K RUN / WALK

Blue Star Brewery on San Antonio River Walk. For more information, visit purnellracing.com.

AUGUST 23, 2013

SPANISH HEALTHY COOKING CLASS: SANDWICHES AND WRAPS

Texas Diabetes Institute in San Antonio. For more information, visit universityhealthsystem.com.

AUGUST 24, 2013

AUGUSTO RUN AT MISSION REACH

San Antonio. Benefiting Circle for Life supporting organ donation in Texas. Register at CarreraRaces.com.

September

SEPTEMBER 2, 2013

SARR LABOR DAY WHINE RUN 5 MILER

Dry Comal Creek Winery in New Braunfels. For more information, visit saroadrunners.com.

SEPTEMBER 8, 2013

ALAMO CITY MARATHON

San Antonio, TX. For more information, visit iaapweb.com or email bart@tmstexas.com.

SEPTEMBER 13, 2013

FALL PREVENTION TALK FOR SENIORS

Southwest General Hospital in San Antonio. For more information, visit www.swgeneralhospital.com/seminar or call (877)-215-WELL.

URBAN LEGEND 5K

Mission Espada in San Antonio. For more information, visit iaapweb.com or call (210) 633-0440.

HEALTHY COOKING CLASS: LIGHT MEXICAN MEALS

University Health System in San Antonio. For more information, visit universityhealthsystem.com or call (210) 358-7100.

SEPTEMBER 14, 2013

GRUENE 10K

Gruene Hall in New Braunfels. For more information, visit saroadrunners.com or call (830) 708-2991.

EL GRITO RUN 5K

San Antonio. For more information, visit elgritorun.com or active.com.

2ND ANNUAL RACE TO REMEMBER

Woodlawn Lake in San Antonio. For more information, visit mysanantonio.com or call (210) 201-2055.

SEPTEMBER 21, 2013

STREETWISE URBAN CYCLING CLINIC

VIA Metro 1021 San Pedro in San Antonio. For more information, visit fitcitysa.com or email bike_geek@me.com.

WOUNDED WARRIOR PROJECT 8K RUN

McAllister Park in San Antonio. For more information, visit mysanantonio.com or call (757) 340-7425.



SAN ANTONIO WALK FOR PKD SATURDAY, SEPTEMBER 21, 2013

Step up and walk to end Polycystic Kidney Disease.
O.P. Schnabel Park, Graff Pavilion
Check-in/Onsite Registration: 7:30 AM
Walk Begins (1 mile and 2.7 mile routes): 9:15 AM
For more information contact sanantoniowalk@pkdcure.org

**SEPTEMBER 22, 2013
GUSTO CHALLENGE**

Leon Creek in San Antonio. Benefiting Habitat for Humanity of San Antonio Register at CarreraRaces.com.

SEPTEMBER 27, 2013

SAN ANTONIO GARDENING 101

San Antonio Food Bank in San Antonio. For more information, visit fitcitysa.com or call (210) 431-8347.

SEPTEMBER 28, 2013

ZERO PROSTATE CANCER RUN

O.P. Schnabel Park in San Antonio. For more information, visit mysanantonio.com or call (210) 422-5272.

13TH ANNUAL ARMY DILLO ROCKS & SHINER'S

Texas A&M San Antonio. For more information, visit purnellracing.com.

6TH ANNUAL NOCC 5K RUN/WALK

McAllister Park in San Antonio. For more information, visit iruntexas.net.

TEXAS PRIDE 5K/8K RUN & BOOT SCOOT

Witte Museum in San Antonio. Benefiting ASN. Register at CarreraRaces.com.



SEPTEMBER 29, 2013 SICLOVIA

A YMCA Community Event sponsored by H-E-B
Bring your family and come play in the streets of downtown San Antonio!
10:00am - 3:00pm This community event is FREE for all!
For more information, visit www.siclovia.org

American Heart Association. My Heart. My Life. Heart Walk. For Our Hearts...Our Lives...Our Community!

San Antonio Heart Walk!
October 26, 2013
Nelson Wolff Stadium
Walk to honor loved ones lost too soon to heart disease and stroke!
Walk to celebrate lives saved!
Start your own Heart Walk team today.
Visit www.sanantonioheartwalk.org!

readers' choice

winners 2013

Winner! Favorite Restaurant to get a Healthy Meal: **EZ's Restaurants**

Winner! Favorite Place for a Grab-n-Go Meal: **SUBWAY®**



Pictured here: Suzy Monford, President and Adam Colunga, General Manager, EZ's

Photography by Scott D Smith



Pictured here: Cathy Amato, Owner, Betty Martinez, Manager & Lazaro Ruiz, Director of Operations, SUBWAY®

Photography by Pete Morales



RUNNERS UP IN THIS CATEGORY

- COSI
- SWEET YAMS

EZ'S BRICK OVEN & GRILL

EZ's Brick Oven & Grill restaurants are fast, casual neighborhood eateries specializing in fresh, wholesome foods, made-from-scratch upon order. "We've made some significant changes in the last two years," says company president Suzy Monford, "like adding gluten-free options, morning service and nutrition guide available in store and online. Our policy is: "We

reserve the right to refuse to serve trans-fats, MSG, modifiers or any other unhealthy junk." Our approach is simple: offer maximum nutrients and minimal calories—the inverse of most restaurants that serve high-calorie foods low in nutrients.

All EZ's locations open for breakfast, lunch and dinner at 10:00 a.m. daily. Breakfast orders to go are available at 7:30 a.m. weekdays, at all EZ's locations. Call ahead, place a breakfast order, and pick it up curbside. Visit www.EZsRestaurants.com for location information, menu and maps. 🍴

SUBWAY

SUBWAY® Restaurants firmly believes in the importance of making informed meal choices. SUBWAY® Restaurants has earned a reputation for offering healthier alternatives to traditionally greasy fast food that's high in calories and saturated fat.

In 2012, SUBWAY® Restaurants was proud to add Heart Check certified meals to their

menu. This certification is based on the American Heart Association's specific heart-healthy, science-based nutrition criteria for saturated fat, trans fat, cholesterol and beneficial nutrients.

There are over 200 locally owned and operated SUBWAY® Restaurants in the San Antonio area. These local franchisees proudly serve the San Antonio community and gladly accept the award for healthiest Grab-n-Go Meals in San Antonio! 🍴

RUNNERS UP IN THIS CATEGORY

- GARBANZO
- CENTRAL MARKET



HOWARD W. PEAK GREENWAY TRAILS SYSTEM CITY OF SAN ANTONIO

EXPLORE THE GREENER SIDE OF LIFE!

The City of San Antonio Parks and Recreation Department's Howard W. Peak Greenway Trails offer perfect places to hike, bike, stroll, read, fly a kite, dog walk and soak up the sun. With clean air to breathe, nature scenes to observe and miles upon miles to explore, the greenway trails are connecting San Antonio in a whole new way.

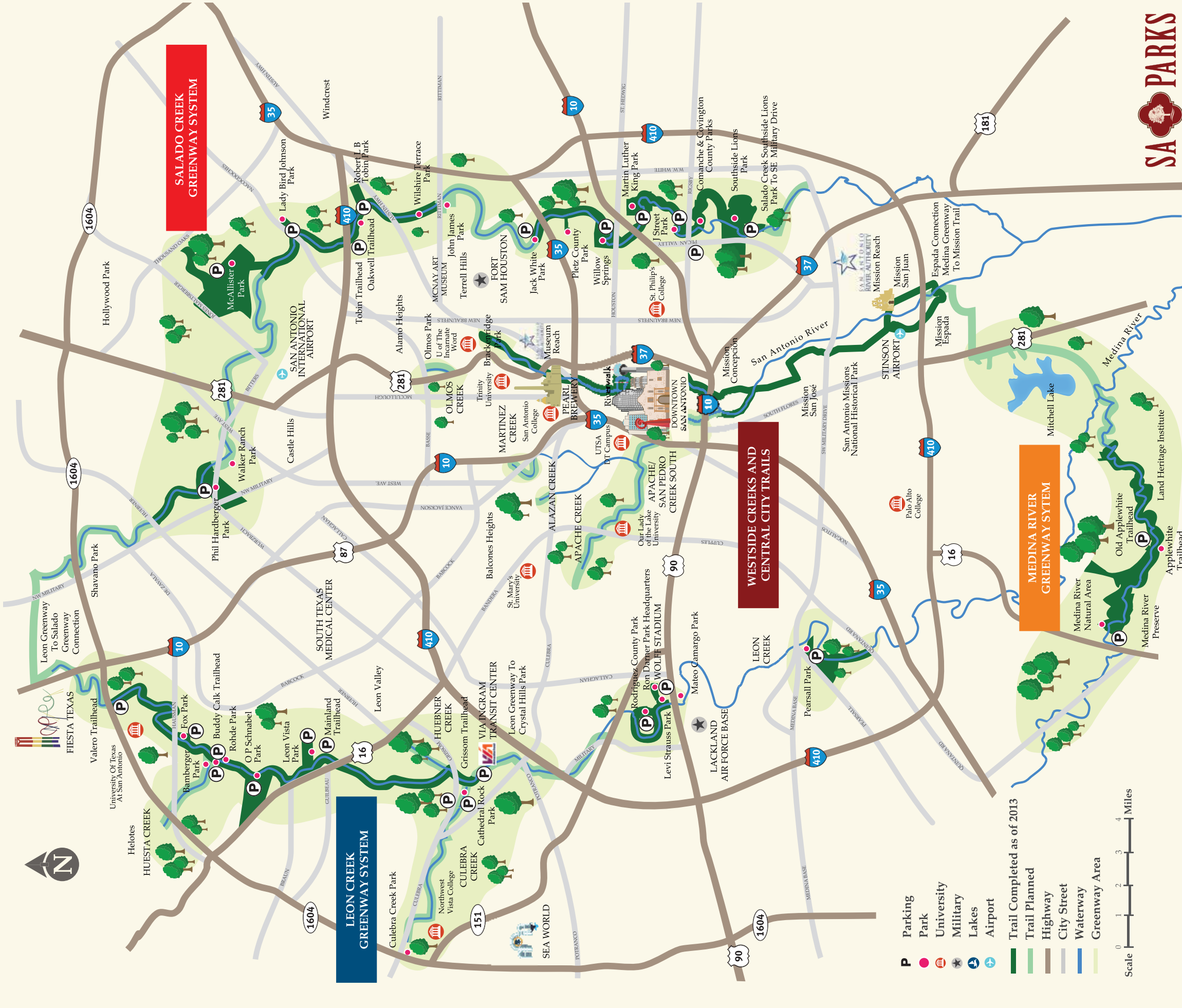
The greenways are an ever-growing network of trails, parks, creekways and natural areas that are envisioned to one day link the entire city.

Currently there are four major Greenway Systems; the Leon Creek Greenway System, the Salado Creek Greenway System, the Westside Creeks & Central City Trails, and the Medina River Greenway System. These trails provide limitless opportunities to connect with nature, be active and promote a healthy environment.

For the latest greenway news and trail maps, visit www.sanantonio.gov/creekways.

- Trails are open during daylight hours
- Admission is *free*
- Bring drinking water
- For pet pals, be sure to keep your dog on a leash
- Please don't litter!
- Bicyclists should wear a helmet at all times
- Call 9-1-1 for emergencies
- Most trail segments are in floodplains and may be inaccessible during and after rain events.

Be Courteous! Share the Trail!



- P** Parking
- U** University
- M** Military
- L** Lakes
- A** Airport
- Trail Completed as of 2013**
- Trail Planned**
- Highway**
- City Street**
- Waterway**
- Greenway Area**

Scale 0 1 2 3 4 Miles



Healthy Restaurant Directory

We asked our readers where they like to go and this is what they answered.

Healthy Restaurants



Brio Tuscan Grille
Location: 15900 La Cantera Pkwy; SA 78256

Serving: Tuscan Italian Cuisine

Customer favorite: Shrimp Mediterranean - \$14.95

Brio Tuscan Grille offers the lighter side of Tuscany menu. With 18 mouth-watering items under 500 cal. Perfect for private banquet dining for up to 60, catering, beautiful Tuscan villa inspired terrace dining. Gluten friendly menu available. Loyalty card program featuring complimentary appetizer upon signing up. 210-877-9300, www.brioitalian.com

Cosi
 17503 La Cantera Pkwy; SA 78257
 getcosi.com



Delicious Tamales
Locations in San Antonio
 1330 Culebra Rd; 4510 West Ave., 5251 Timberhill; 9055 Marbach; 13533 Nacogdoches; 158 Sonterra Blvd.; 3520 S. New Braunfels. Online store for nationwide shipping.

Serving: Mexican Food

Customer favorite:
 Southwest Vegetarian Tamales \$7.25/dz

Delicious Tamales has been providing these delicacies for over 30 years and now has 9 varieties. Southwest Vegetarian Tamales are healthy, nutritious and DELICIOUS with a unique blend of red bell pepper, corn, black beans and cilantro. A healthy tamale...who would have thought?! 210-735-0275 or 1-800-tamale-1 www.delicioustamales.com



The Egg & I
Locations in San Antonio
 830 NW Loop 410; 700 E. Sonterra Blvd.; 16668 San Pedro Ave.; 9985 1-10 West; 8603 State Hwy. 151

Serving: Breakfast and Lunch

Customer favorite:
 Vera Cruz Chicken and Avocado Omelette \$9.29
(featured on the cover)

The Egg & I offers a variety of breakfast and lunch items that you will enjoy time and time again. Check out the Smarter Choices menu with a variety of unbelievably great tasting options under 650 calories. Monday-Friday 6am-2pm and Saturday, Sunday 7am-2:30pm. www.TheEggandIRestaurants.com



EZ's Brick Oven & Grill
Locations in San Antonio:
 255 E. Basse Road, 734 W. Bitters Road, 5230 DeZavala Road, 6498 N. New Braunfels

Type of cuisine:
 Artisan brick oven pizzas & calzones, grilled-to-order beef, bison, salmon, chicken and veggie burgers, hand-tossed salads, healthy entrees, pasta, kids menu, hand-dipped Blue Bell shakes, and daily brunch menu.

Customer favorite:
 Organic Spinach Salad. - \$13

EZs makes Texans' favorite foods from scratch to order with premium, clean label ingredients. From bison to vegan, whole grain to gluten-free, and breakfast to dinner, EZ's mindfully crafts its menu to offer real food with maximum nutrients. Enjoy EZ's fun, friendly neighborhood vibe, or take it easy with call-ahead Take-Out or city wide delivery. See EZsRestaurants.com for weekly specials! 210-828-7770, ezs@ezsrestaurant.com

Fish City Grill
 18130 San Pedro Ave #104, SA 78232
 fishcitygrill.com

Fralo's Art of Pizza
 23651 Interstate Highway 10; SA 78257
 fralos.com

Green Vegetarian Cuisine
 Multiple Locations
 Greensanantonio.com

La Madeleine
 Multiple Locations
 lamadeleine.com

Little Aussie Bakery and Café
 3610 Avenue B; SA 78209
 Thelittleaussiebakery.com

Pam's Patio Kitchen
 11826 Wurzbach Rd; SA 78230
 Pamspatio.com

Stone Werks Big Rock Grille
 Multiple Locations
 stonewerks.com

More Great Restaurant Listings
 Continued on Page 18 >>>>>>

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Offer expires September 30, 2013 Not Valid with any other offers. Taxes not included. Limit one per customer.

\$6 FREE

EZ's Money
 \$6 FREE with a purchase of \$18 or more.

Offer expires September 30, 2013 Not Valid with any other offers. Taxes not included. Limit one per customer.

THE QUARRY 255 E. Basse Road Take Out (210) 804-1199	ALAMO HEIGHTS 6498 N. New Braunfels Take Out (210) 828-1111	BITTERS@281 734 W. Bitters Road Take Out (210) 490-6666	DE ZAVALA/IH-10 5230 DeZavala Road Take Out (210) 699-0066	AUSTIN 3918 N. Lamar Take Out (512) 302-1800
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More Great Restaurant Listings
Continued from Page 16

Sushi Zushi

Multiple Locations
Sushizushi.com

Sweet Yams

218 N Cherry St; SA 78202

The Cove

606 W. Cypress St.; SA 78212
thecove.us

Urban Taco

290 E Basse Rd #105; SA 78209



Vegeria

Location: 8407 Broadway St; SA 78209

Serving: Vegan Food

Customer favorite:

Raw Beet Ravioli - \$10.00

Vegeria aims to provide quality vegan food with an artistic and creative atmosphere. Being vegan is environmentally responsible, health conscious and is a loving peaceful and spiritual way of life. We are so proud to be San Antonio's first 100% Vegan and Gluten Free Restaurant. We offer organic and seasonal produce, with an all organic brunch on Saturdays from 11am-3:30pm and a farmers market dinner on Saturday nights! 210-826-4223, myvegeria.com

Wildfish Seafood Grille

1834 North Loop 1604 W; SA 78248
wildfishseafoodgrille.com

ZPizza

700 East Sonterra Blvd, #1103; SA 78258
zpizza.com

Healthy Grab-n-Go Restaurants

Central Market Café

4821 Broadway St; SA 78209
centralmarket.com

Chipotle

Multiple Locations
chipotle.com

Extreme Pita

Multiple Locations
Extremepita.com

Garbonzo Mediterranean Grill

11075 Huebner Oaks #306; SA 78230
eatgarbonzo.com

Grace Coffee Café

3233 N St Mary's St #102; SA 78212

My Fit Foods

Multiple Locations
Myfitfoods.com

Pavini Express Vegetaria Café

5755 Evers Road; SA 78238

Subway

Multiple Locations
Subway.com

Trader Joe's

350 E Basse Rd; SA 78209
traderjoes.com

Twin Sisters Bakery & Café,

6322 N New Braunfels Ave; SA 78209
twinsistersbakeryandcafe.com

Whole Foods Café

Multiple Locations Wholefoodsmarket.com



Zedric's

Locations in San Antonio:

9873 W IH 10 (in the Colonnade);
5231 Broadway (Alamo Heights)

At Zedric's, we specialize in creating fantastic, gourmet food for people on the run! Come on in and pick out some chef-prepared meals. All of our gourmet food is prepared daily and chilled, not frozen, so that it can be eaten on your schedule.

Customer favorite:

Caramelized Onion & Mushroom Turkey
Burger; \$10.00
(210) 541-0404, (210) 824-6000, Zedrics.com



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FITNESSPORVIDA

Fitness Porvida HQ
Alamo CrossFit
20835 Hwy 281, Suite 500B
San Antonio, Texas 78258

Constitution CrossFit
14381 Blanco Road
San Antonio, TX 78216

210.468.1829

WWW.FITNESSPORVIDA.COM

Question & Answer



Dear Jennifer, I love Mexican food, but it seems like it is all so full of fat and calories. Is there any way to eat at a Mexican restaurant without it sabotaging my diet? Thanks for your help! - Elise

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

Elise, Your question hits close to my heart, as I am a Mexican food and restaurant lover too. My grandmother owned Olivia's Mexican restaurant in San Antonio when I was a child. Not only is the food comforting to me, but Mexican restaurants are nostalgic as well. My grandma loved telling the story of when I was a young girl and "helped" in her restaurant. I was the exact height of the edge of the table where all the flour tortillas would cool as they came hot off the comal (stove). When she was not looking I took one bite out of every flour tortilla! Needless to say as a young adult I had to change my eating habits and give up the flour tortilla buffet. By making smarter choices, I am now able to enjoy foods that are a part of my heritage while maintaining my 100-pound weight loss. I am excited to share with you my calorie-saving strategies, as well my top picks for healthier Mexican food selections.

Get a Healthy Start

The complimentary basket of tortilla chips and salsa is free and fabulous, but it can sabotage your healthy eating efforts from the start. A basket of chips can cost you 400 to 600 calories! Top them with the ever-so addicting queso, and there goes another 300 calories. If you are up for the challenge, set aside ten chips and two tablespoons of salsa for only 175 calories. If the temptation is too much, politely decline the basket of chips and order a broth-based

soup such as caldo or tortilla soup (minus the extra cheese and tortillas). Shrimp cocktail, campechana or ceviche are also wonderful appetizers that are low in fat and calories. Another great starter is a glass of water!

Choose Corn

Lose the lard by swapping traditional flour tortillas with corn tortillas. This trade will save five to eight grams of fat and 50 calories per tortilla.

Words for the Wise

Scan the menu for dishes prepared with healthier cooking techniques. Choose dishes that include words such as grilled, broiled, steamed, baked and braised. Steer clear of dishes with the words smothered, stuffed, sautéed, frito (fried) and breaded.

Jennifer's Favorite Figure-Friendly Mexican Dishes:

- Chicken, shrimp or veggie fajita tacos on corn tortillas with black beans
- Chicken or shrimp fajita salad topped with salsa and a cup of tortilla soup
- Grilled fish or shrimp tacos and borracho beans
- Veggie enchiladas topped with ranchera sauce
- Street tacos garnished with lime, cilantro, diced onions and avocado slices
- Ceviche

Stay Lean with Beans

Knock out nearly 1/4 of your daily fiber intake with an order of borracho or black beans. Getting plenty of fiber in your meal will help fill you up and keep you satisfied without the extra fat and calories.

Go Green and Red

Cut back on artery-clogging saturated fats by passing on extra cheese and sour cream. Instead choose guacamole or avocado slices for a healthy dose of monounsaturated fats. Red salsa is fat-free topping that is loaded with antioxidants and flavor.

Beware of the Bebidas

(Alcoholic Drinks)

It is easy to get caught up in the festive atmosphere at Mexican restaurants and gulp down a frozen margarita in minutes. Remember that any alcohol is going to encourage the "What diet?" attitude and tempt you to eat whatever is in sight. Margaritas (frozen or on the rocks) are filled with 400 to 1,000 empty calories (depending on the size and how it is prepared).

Buen Provecho! (Enjoy your Meal) 🌱



salmon with dijon dill sauce

By Jan Tilley, M.S., R.D., L.D.



Photograph by Pete Morales, onlifecatalyst.com

Recipe

ingredients

- 4 (5 oz) salmon fillets, skin removed
- ½ teaspoon salt
- 1 tablespoon olive oil
- 2 tablespoons butter
- 1 small shallot, finely chopped
- ½ cup white wine
- 1 tablespoon dijon mustard
- 2 tablespoons roughly chopped fresh dill, plus more for garnishing
- 1/8 teaspoon black pepper

directions

1. Set broiler on high. Place the salmon on a foil-lined broiler pan and season with ¼ teaspoon of the salt.
2. Broil until the salmon is the same color throughout and flakes easily, 7 to 10 minutes, depending on thickness.
3. Meanwhile, in a medium saucepan, over medium-high heat, heat the oil and 1 tablespoon of the butter until it melts. Add the shallot and cook until softened; about 1 minute. Add the wine and cook until reduced by half, about 3 minutes.
4. Reduce heat to low and whisk in the mustard, dill, pepper, and the remaining salt.
5. Remove from heat. Cut the remaining butter into pieces, add to the sauce, and whisk until incorporated.
6. Place the salmon on individual plates, spoon the sauce over the top, and sprinkle with additional dill.

Makes 4 servings

nutrition information

310 calories, 12 grams fat, 95 mg cholesterol, 450 mg sodium, 2 grams carbohydrate, 0 grams fiber, 28 grams protein



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REGISTRATION IS OPEN YEAR ROUND

From Couch to 5K in Eight Weeks!

By Rudy Acevedo

So you made the commitment to complete your first 5K race — now what? What should you do to prepare? More important, what shouldn't you do to prevent injuring yourself in the process? Whether you're a solid couch-potato or a beginning runner, here's an 8-week training program to safely prepare you for race day.

Let's start with some basics. Don't do too much too soon! This is a common mistake of overeager newbies. They get excited about their first race and forget that their bodies need to get used to being active. Your rest days are as important as your workouts because they allow your muscles to recover and rebuild after your workout. If you're feeling fidgety on your rest/cross-training days, take a short walk or an easy yoga class.

Try to stick to the schedule, but don't beat yourself up if you have to make adjustments (note: the schedule does not have running on consecutive days). Whether it takes you six minutes or 16 minutes to complete a mile, you'll still have completed a mile!

WEEK 1

Monday: Walk 20 minutes.
Tuesday: Run 5 minutes; walk 5 minutes; run 5 minutes. Repeat once, followed by a 10-minute walking cool down.
Wednesday: Walk 20 minutes
Thursday: Same workout as Tuesday
Friday: Rest
Saturday: Same workout as Tuesday
Sunday: Walk 20 minutes

WEEK 2

Same as Week 1; however, for your Tuesday, Thursday and Saturday workout, increase the run time from 5 to 7 minutes (keep the walk time to 5 minutes).

WEEK 3

Increase your Monday, Wednesday and Sunday walks from 20 to 25 minutes. Increase your Tuesday, Thursday and Saturday runs from 7 to 10 minutes. Decrease your walk breaks from 5 to 3 minutes.

WEEK 4

Increase your Monday, Wednesday and Sunday walks from 25 to 30 minutes. Increase your Tuesday, Thursday and Saturday runs from 10 to 12 minutes. Decrease your walk breaks from 3 to 2 minutes.

WEEK 5

Keep your Monday, Wednesday and Sunday walks at 30 minutes. Increase your Tuesday and Thursday runs from 12 to 15 minutes (keep your walk breaks at 2 minutes). On Saturday, run for 20 minutes without a walk break. Follow your 20-minute run with a 10-minute cool down walk.



WEEK 6

Increase your Monday, Wednesday and Sunday walks from 30 to 35 minutes. Increase your Tuesday, and Thursday runs from 15 to 17 minutes (keep your walk breaks at 2 minutes). On Saturday, run for 25 minutes without a walk break. Follow your 25-minute run with a 10-minute cool down walk.

with a 10-minute cool down walk.

WEEK 8

Maintain your Monday and Wednesday walks at 40 minutes. Maintain your Tuesday and Thursday runs at 20 minutes, followed a 2-minute walk break; repeat 2 times. Saturday is Race Day!

A few words about race day: This should be considered your "victory lap" for all your hard work these past few weeks, so be sure to enjoy the day! Be sure to follow the Golden Rule of Racing: Don't try anything new on race day — that includes that new pair of shoes or a new diet. Stick with what has been working for you; you made it to this point! 🍀

REMEMBER, YOU SHOULD CONSULT YOUR PHYSICIAN BEFORE STARTING ANY NEW EXERCISE PROGRAM.

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2013 San Antonio Walk for PKD
Sept. 21 • O.P. Schnabel Park
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Check-in/Onsite

Registration: 7:30 a.m.

Walk Begins: 9:15 a.m.

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For questions or to register:
 Email: sanantoniowalk@pkdcure.org
 Visit: walkforpkd.org



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Aug 24	AUGUSTO RUN Benefiting Circle for Life
Sep 22	GUSTO CHALLENGE Benefiting Habitat for Humanity (San Antonio)
Oct 27	GUSTO PUSH Benefiting the San Antonio Food Bank

Register at CARRERATHON.COM



STAY HEALTHY WITH FIT FAMILY CHALLENGE

Information provided by San Antonio Sports

For the fourth summer in a row, Juan Farias and his family will join hundreds of other families and sign up to participate in the San Antonio Sports Fit Family Challenge (www.FitFamilyChallenge.com).

"We have been participating in the Fit Family Challenge from the very beginning," said Farias. "We run in the free 5K as a family because we know how important it is to exercise as a family."

The San Antonio Sports Fit Family Challenge is a free 12-week summer program that runs from May 18-August 10. There are 101 free events located throughout the city that include walks in the park, 5K run/walks, zumba, cardio training,

“ We run in the free 5K as a family because we know how important it is to exercise as a family. ”

boot camp training and fitness instructors for children.

"Participation and excitement is growing among our families," said Russ Bookbinder, President and CEO of San Antonio Sports. "We are thrilled to say that this year we will have three fitness trainers at each of our weekday events and free 5K run/walks at three of our big events."

The program is open to all families in Bexar County. However, it focuses its message in the top ten zip codes in San Antonio that have the highest rates of diabetes and obesity. Within those zip codes are seven school districts that include San Antonio Independent School District,

South San Antonio ISD, Edgewood ISD, Harlandale ISD, Southside ISD, Northside ISD and Southwest ISD.

Dolly Armstrong is the program coordinator for the Harlandale ISD. "We have seen a positive change in our families," Armstrong said. "We have families who are now eating vegetables and drinking water with dinner instead of drinking a soda and they are exercising daily."

All families are encouraged to attend any of the seven free fitness events scheduled each week during the 12-week program and to record their activity on an official tracking log.

"Families can pick up a free tracking log at any official Fit Family Challenge event, download one from our website or track their progress online," said Bookbinder.

Those families who track their fitness and nutrition will be eligible to win one of four \$1,000 cash prizes. At each big event, families with a completed tracking log will be entered into a drawing for \$1,000.

"All you have to do to be eligible for the cash prize is get your tracking log stamped at least three times at any fitness event prior to the big event," said Anna Gonzalez, program coordinator for the San Antonio Sports Fit Family Challenge. "If you track online, make sure to get the code at the registration table. Your chances of winning are really good!"

Follow the San Antonio Sports Fit Family Challenge on social media: Facebook.com/FitFamilyChallenge, Twitter.com/FitFamilySA, and flickr.com/photos/sasports/





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TIPS

TO KEEP YOUR CHILDREN WATER-SAFE

- 1 Teach children how to swim as early as possible. Visit ymca.org or makeasplash.org to find swim lessons near you.
- 2 Follow pool rules.
- 3 Never swim alone. Use the buddy system and choose locations with certified lifeguards whenever possible.
- 4 Learn CPR.
- 5 Keep a first aid kit near the pool.
- 6 Don't rely on swimming lessons or flotation devices to keep a child "water safe."
- 7 You won't always hear a child who is distressed in the water. Child drowning can be silent without a warning.

Thank you to the USA Swimming Foundation and Any Baby Can for providing these tips.

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!



Mayor's Fitness Council
City of San Antonio

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WWW.SANANTONIO.GOV/PARKSANDREC



@SAParksfitness



San Antonio Parks and Recreation Department

2013 Summer Pool Schedule JUNE 15 – AUGUST 18, 2013



FREE
of charge

19 OUTDOOR POOLS

Tues – Sun: 1 p.m. – 7 p.m.

For a location near you,

Visit: www.sanantonio.gov/parksandrec Or call: (210) 207-3299



LAP SWIMMING LOCATIONS:

- Heritage, 1423 S. Ellison Dr.
 - Lady Bird Johnson, 10700 Nacogdoches
 - South Side Lions, 3100 Hiawatha
 - Woodlawn, 221 Alexander Ave.
- Tues/Wed/Thurs: 7:30 a.m. – 9:30 a.m.

5 POOLS OPEN EVENINGS

- Fairchild, 1214 E. Crockett
- Kennedy, 3299 S.W. 28th St.
- San Pedro, 2200 N. Flores
- Spring Time, 6571 Spring Time
- Sunset Hills, 103 Chesswood

Tues– Sun: 2:00 p.m. – 8:00 p.m.

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