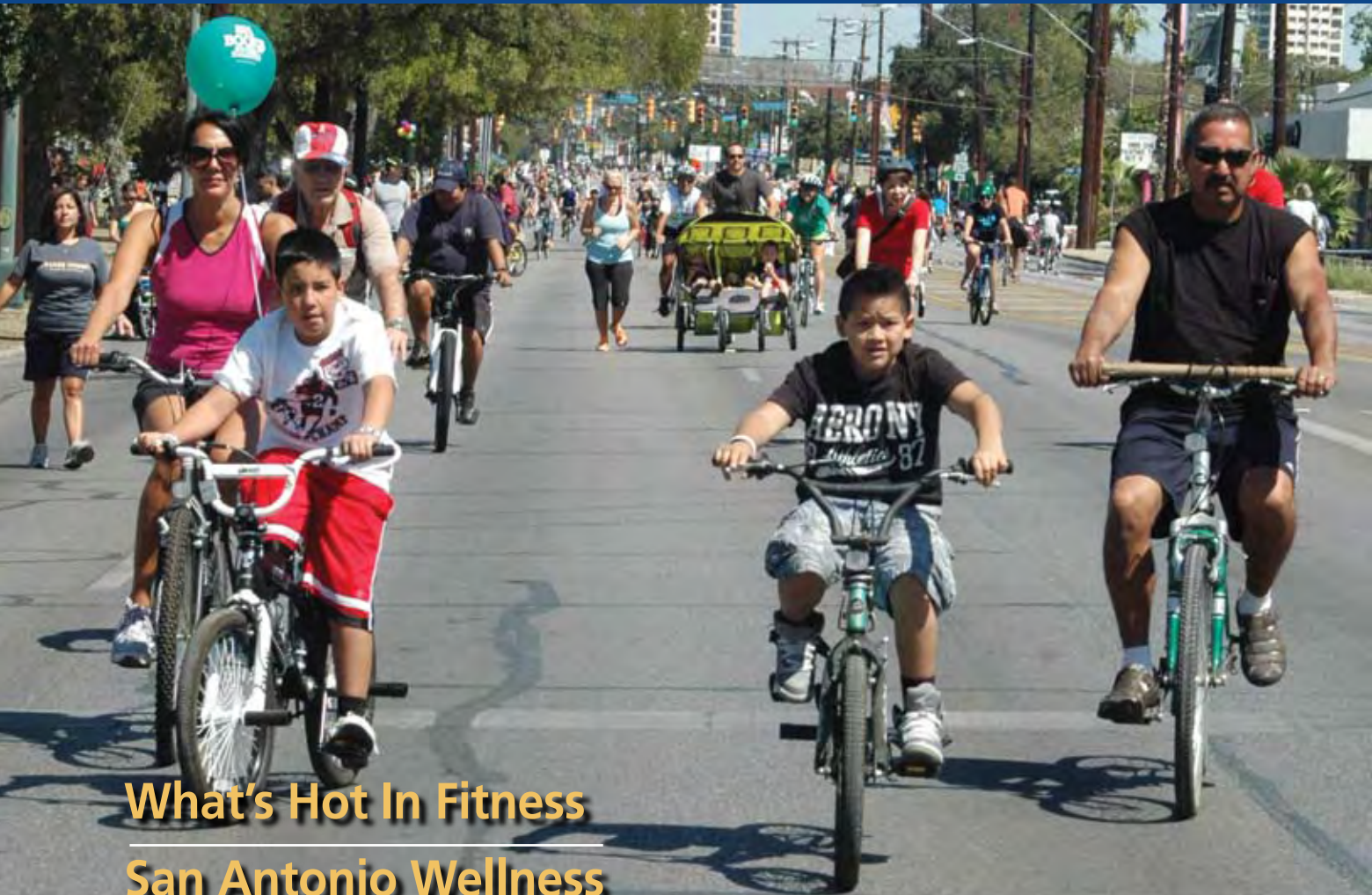


# PeakLife SA

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Rackspace's Corporate Wellness Team

**Síclovia Comes To SA**

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Stroke Survivor

# PeakLife SA

Publisher and Editor-in-Chief:  
Dianne Glover, MPH

Director of Sales:  
Kymberly Richardson

Production Director:  
Valerie Okunami

Art Director:  
Paul Galang

Contributing Editor:  
Donna Budjenska

Cover Photos:  
Courtesy Univision.com (Siclovía photo) and Michael Long (Rackspace team photo)

Contributors:  
Sophie Cruz  
Randy Escamilla, APR  
Leslie J. Hoy, MA, LPC  
Mary Ullman Japhet  
Blair Labatt  
Stacy A. Maines, MPH  
Kendall Mcgiffert, RD  
Jennifer Meachum, RD, LD  
Kate Rogers  
Tanya Ruyle  
Phillip Schrank

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  
phone: 210-399-1791  
email:  
dianne@peaklifewellness.com  
www.peaklifewellness.com

For advertising information:  
kym@peaklifewellness.com

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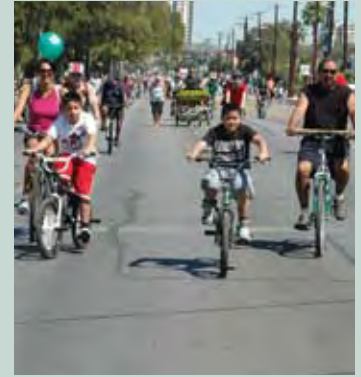
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### On The Cover

Approximately 15,000 people attended the first Siclovía in San Antonio. The city is looking forward to an even bigger turnout when Siclovía returns on Sunday, March 4th. Photo is courtesy Univision.com.



Inset photo: Rackspace's corporate wellness team Top Left to right - Barbara Covarrubias, Philip White, MaryAnn Abercrombie, John Coldwater; Bottom Left to Right - Tanya Ruyle, Ric Jimenez, Sophie Cruz. Photo by Racker, Michael Long.



# Letter from the Editor



Happy 2012, San Antonio! With each new year, we are given a clean slate of infinite possibilities. Last year is history, and this year is an opportunity to challenge ourselves personally and/or professionally. What do you want to accomplish in 2012? In my work as a wellness coach, the initial meeting with my client is always about establishing a vision of where he or she wants to go. Once you have a clear destination in mind, it's much easier to create a plan to get there.

San Antonio Mayor Julian Castro outlined his vision and goals for the city in "SA2020" ([www.sa2020.org](http://www.sa2020.org)) which provides strategic direction for the city's future in eleven pivotal areas. The vision for San Antonio's health

and fitness is, "In 2020," San Antonio residents are among the healthiest in the country. San Antonio promotes well-being by providing healthy and affordable food choices, convenient access to green spaces and recreational facilities, and a robust network of physical and mental healthcare designed to eliminate existing health disparities in the community."

For *PeakLife SA Magazine*, our vision is to help influence that cultural change by bringing you timely information about programs and resources available throughout the city. We want every individual, whether you are an athlete training for a marathon or a couch potato wanting to make a change, to have access to tools, inspiration and information to support your journey to a healthier you.

I do believe that there is a cultural change happening in San Antonio. It was reported that 15,000 participants played in the streets during the first Siclovía, an outdoor event for which the city closed streets so that locals could walk, bike, run, hula hoop and play outdoors with their families. We had 10,000 residents compete in the fourth annual Rock-n-Roll Marathon. And if you have visited Hardberger or Brackenridge

Parks on a recent weekend, you see hundreds of runners, bikers and walkers. We are ready!

This issue of *PeakLife SA* shines a light on what a few local businesses and coalitions are doing to encourage their workforces to live healthier lives. We also look at various fitness activities for you to experiment with in 2012. Plus, a local therapist shares with you some strategies for managing stress.

Creating a cultural change starts with each individual. What is your vision for this year? What is your plan to get there? Don't make New Year's resolutions; make a commitment to yourself. Pick one healthy change that you commit to this year—whether that means giving up soda or walking for 30 minutes three times a week—your change will inspire others. Tell your friends and family what you want to change, post it on your refrigerator, and put reminders in your wallet and your car. Start living your change. Others will see and they'll make a change. And so on and so on.... I challenge you.

Let's get SA Healthy!

Dianne

Dianne Glover, Publisher  
*PeakLife SA Magazine*

*"All that is necessary to break the spell of inertia and frustration is this: Act as if it were impossible to fail."*

– Dorothea Brande



# San Antonio Siclovia: A Magical Experience

## Thousands Play In The Street



By Randy Escamilla, APR

On a beautiful October morning in downtown San Antonio, architect David Matiella came to Siclovia not knowing what to expect. By the time he - and tens of thousands of others - traveled the 4-mile, round-trip stretch of Broadway, he was sold on it. "What a wonderful event! It was a children's book come to life," Matiella said.

### San Antonio's Fitness Culture

Siclovia is the most visible event from the \$15.6 million grant awarded to the San Antonio Metropolitan Health District in 2010. Stimulus funding provided through the American Recovery and Reinvestment Act focuses on improving the obesity rate and health of the City. "Siclovia is an event built around physical activity, and that will help bring us to a culture that embraces fitness and desires more opportunities to become physically active, especially as a family," said CPPW Program Manager Maggie Thompson.

An estimated 15,000 people came to San Antonio's first Siclovia in October 2011. "My husband, baby, dogs, and I had a great time! It's also a great investment in making San Antonio a more attractive city for tourism, healthy lifestyles, and community awareness," said participant Diana Villarreal.

### Siclovia Magic

For more than a year, a team from the San Antonio Metropolitan Health

District's Communities Putting Prevention to Work (CPPW) planned for Siclovia (pronounced See-clo-vee-a). As the "Go Play in the Street!" slogan for Siclovia became known, it exposed a yearning among San Antonians to do just that — go play in the street — on bikes or by skating, walking, jogging, and even skateboarding with their dogs.

Recloviations (recreation events) were held at four different areas along Broadway. Activities such as Zumba, martial arts, yoga, and boot camps offered even more opportunities for play and activity. "I think it's really exciting. I don't think people will understand unless they're there," said Communities Putting Prevention to Work (CPPW) Program Manager Maggie Thompson. "When you are there, something magical takes place. It doesn't even feel like a major street. It feels completely different."

### Siclovia Vision

The idea to shut down miles of a major downtown street to motor vehicle traffic seemed far-reaching. But then CPPW's Leadership Liaison, Len Trevino, is a man with a vision. He heard about and finally experienced firsthand how for the past 15 years, Bogotá, Colombia, officials have been shutting down miles of busy streets to traffic for a similar event. They now shut down over 70 miles, inviting people to play in the street.

Garcia went to Los Angeles to view how the nation's second largest city holds its event, called CicLAvia. He and Trevino knew that if two of the world's largest cities could pull it off, then Siclovia would be a wonderful fit for San Antonio.

"The benefits from Siclo-

via are numerous," Trevino says. "I think at a time where the economy is so volatile, Siclovia provides us an opportunity and a way to bring a lot of enjoyment to individuals and families for free."

### Family Fun

Siclovia is an event that allows people to become physically active without "working out." Its concept allows people of all body types and all fitness levels to have a good time while engaging in physical activity. "I took my kids and neighbors to climb the rock wall, hula-hooping, and through the obstacle course," attendee Brook Butterworth Garcia said. "We also participated in martial arts, dancing, face painting, balloon sculptures, and people watching, while wishing it lasted longer."

*continued on page 6*





City Manager Sheryl Scully welcomes the crowd



Reclovias, or recreation stations, are positioned every half mile of the Siclovía route.

continued from page 5

### The Next Siclovía: Sunday, March 4

Thompson anticipates an even higher attendance at the next Siclovía, which is planned for Sunday, March 4.

Siclovía is for everyone and their pets. Make plans for this free event to experience the excitement and the magic of Siclovía. For more information about Siclovía visit [www.siclovía.org](http://www.siclovía.org).

Randy Escamilla is a former San An-

tonio TV news journalist and is now accredited in public relations. He will earn his master's degree in strategic public relations from George Washington University in Washington, D.C. in May.

Photos courtesy Univision.com

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# Kick The Habit - A Rackspace Wellness Campaign



*By Tanya Ruyle, Benefit and Wellness Manager and Sophie Cruz, Cloud Customer Care Manager*

San Antonio-based Rackspace Hosting has quickly established a strong position as the service leader in cloud computing. Providing Fanatical Support® to more than 152,000 customers in 120 countries requires a healthy, engaged workforce. Rackspace is committed to providing its employees, or Rackers, with the best workplace possible. As part of that commitment, Rackspace launched a health and wellness campaign in late 2009. The all-volunteer Wellness Committee formed shortly thereafter.

Through this committee, the idea for the “Kick-It” campaign began. Its focus was to help Rackers abandon unhealthy habits and move towards healthier and happier lives. Rackspace paired up with Personalized Prevention, a health management and wellness solution expert, to work with Rackers on achieving their individual goals for overall wellness and provide incentives for those that complete their goals each quarter.

In June 2010, Rackspace began to offer free biometric screenings. These screenings informed Rackers of their individual cholesterol, triglyceride, blood pressure, and BMI levels. After the screenings, specialists delivered the results and held education seminars. A health coach was also available to answer questions and address concerns.

Rackers are also encouraged to take an online Health Risk Assessment (HRA), so they can become aware of potential health risks. Based off the HRA results, Rackers are offered digital coaching sessions, education seminar and training classes that are designed a r o u n d chronic conditions.

Rackspace also hosts quarterly challenges, such as, the “Maintain Don’t Gain” challenge. This program was a four week initiative to encourage Rackers to exercise and to eat healthy meals during the holiday season.

As the program has evolved, Rackspace has consistently tried to implement new programs. For example, new Racker parents can take advantage of the “Nurture Program,” which offers prenatal education and guidance. Airrosti clinics are available on-site to Rackers at no cost to them or family members to help treat musculoskeletal injuries. There is also a wellness social network called “Engage,” which connects Rackers with similar interests and informs them of upcoming events such as citywide 5K’s, marathons, CrossFit events, cycling clubs and Weight Watchers meetings. During the first quarter of 2011, Rackspace also offered an online Financial Risk Assessment to help Rackers better understand and accomplish their financial goals.

Rackspace’s Wellness Committee is still very new in comparison to other companies, but they are a passionate group that is continually working to improve the overall Racker experience by taking their program to the next level.

## Interview with Lanham Napier

*PeakLife SA Magazine sat down with Rackspace’s President and CEO, Lanham Napier to find out more about his commitment to the company’s wellness program:*

***Looking around at the Rackspace population, it looks as though most Rackers are young and fit. Why invest the time, money and energy in having a wellness program?***

Well, we’re growing pretty fast, and with 3,800 employees on three continents, we’ve got all shapes and sizes and ages. These are pretty demanding jobs, handling computing that is vital to the businesses of our customers. And most of us spend a lot of time sitting in front of computers and talking on phones. We want to help our employee stay healthy and energetic so they can volunteer their best for our customers every day. Our wellness program is focused not only on being fit but also on overall mental and physical well-being. We have created a program that everyone can benefit from, whether they’re already healthy, or need to make a lifestyle change, like losing weight or reducing stress or stopping smoking.

***And for you personally, what do you do to incorporate health and fitness into your busy life?***

I’ve made a commitment this year to get healthier, and it’s really paying off. I’ve lost about 20 pounds, by running more and eating healthier: mainly, more vegetables and fewer carbs. I do give myself one day a week, on Saturdays, to eat whatever I want, which is often a double burger with fries and a cold beer. That makes it easier for me to stick to the program the rest of the time.

***How do you see your wellness program assisting in your mission of “Fanatical Support”®?***

At Rackspace, we have a business equation that goes like this: happy Rackers = happy customers = happy stockholders. If we as a company give Fanatical Support to our Rackers, through things like our wellness program, we think they will give even more Fanatical Support to our customers.

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# SA Success Story: Phillip Schrank



Before



After

PeakLife SA Magazine's Editor Dianne Glover sat down with Phillip Schrank, who recently was awarded the first Mayor's Fitness Council Healthy Hero Award. Phillip lost over 45 pounds by adding daily bike rides to his routine.

## Tell me a little about your life in San Antonio.

I own Gallery Vetro, a glass gallery in downtown San Antonio. I have an urban lifestyle. I don't live downtown, but I do pretty much everything here.

## What was your upbringing like in terms of healthy living?

My whole family has always been health-conscious. I was fortunate to grow up in an environment where we learned about nutritious food and the importance of being active.

## And recently?

My business partner ... passed three years ago. Added to this loss was the beginning of the 2008 financial crisis, and my gallery's sales volume declined as a result. So, not only had I just lost a very close friend, but I now also had the responsibility of running the business by myself in a downturn economy. I rationalized that these new challenges made it OK to eat whatever and however much I wanted, so I started to pack on the weight. ...

As I adjusted to my new personal and business challenges, I just kept

the weight on. I had stopped gaining, but I didn't lose, either. I always knew about counting calories, so I was eating nutritious food but then [finishing] with a slice of cheesecake or some other indulgent food afterwards. ... Ultimately, I became frustrated by my low energy level. I stepped on the scale and saw my weight had reached 250 pounds with a BMI of about 34, but at first I had no plan of how to initiate change.

When the San Antonio Bike Share started in March 2011, I was one of the very first members. A B-Cycle station opened right across the street from my gallery, so I joined for practical reasons. Since I regularly visit the downtown hotel concierges, I started riding the bike to hotels and also ran other errands downtown. The bike gave me a way to get farther faster. My energy and stamina started to increase, so I started riding more and more.

## What kept you motivated?

[Logging] on to my (sanantonio.bicycle.com) account. I started looking at how many miles I had ridden, the carbon offset, gas costs saved, and the calories expended. I began setting weekly mileage goals for myself.

## Tell me about the transition from the first time that you took a bike out to today.

I started feeling better, and my energy started coming back. I asked

friends to join me on rides. One of my friends is very fit and wanted to encourage me, so he printed T-shirts that said "Team Schrank" to celebrate my success. I've logged about 1,200 miles since March.

## Did your diet change as you started feeling better?

Yes — I started cutting back on the quantity of food, primarily. I eliminated salt and started using chipotle powder and other spices instead. I started buying big bags of veggies and steaming them with an all-purpose seasoning. I knew what was healthy and nutritious, and it felt good to be eating right again. I felt as though I had shortchanged myself when my stamina was down. Today, I read labels, and I know how many calories I consume every day. I still allow myself occasional indulgences, but the portion sizes are much more sensible.

## What other changes did you see happening?

I started sleeping better. I now had more energy to better engage with customers. It has always been my goal to make people feel comfortable when they come in to my gallery. Since I felt better, it became easier to be my normal, social self.

## What advice do you have for others who want to make a change?

Find an activity that you enjoy. I love being able to be social and active at the same time. Going to the gym had always been drudgery for me. When I started riding the bikes, I met people everywhere. Also, I would urge people to try and find someone to encourage you and to be your cheerleader. It is very important to have a support system.

## What are some highlights of this lifestyle change for you?

It has brought me back socially to where I used to be. My self-confidence and energy are so much better. My goal was to reach 1,000 miles by my 60th birthday. And I did it.

My doctor recently told me that I'm healthier now than I was 10 years ago. I feel a renewed zest for life now that had eluded me. It's great to have it back!

# Bragging Rights at Stake in Inaugural San Antonio Sports Corporate Cup



*By Mary Ullmann Japhet, Associate Executive Director, San Antonio Sports*

Why let kids have all the fun? Adults will get to run, jump and play in their

own field day at the inaugural San Antonio Sports Corporate Cup on Saturday, June 2, on the sports fields of the University of the Incarnate Word. The friendly competition is designed to spur co-worker camaraderie, celebrate community health and fitness and fight obesity.

Hosted by San Antonio Sports, the local sports commission, companies and organizations will be assigned to one of four divisions according to the number of their San Antonio-based employees. They'll compete within their division in 13 different events, ranging from the challenging to the ridiculous. Whether racing in a track relay or pulling in the tug-of-war, employees will accumulate points for their teams. They can also earn points in the Charity Challenge, an opportunity to contribute goods and services to three local charities: The South Texas Blood Bank, the San Anto-

nio Food Bank and Haven for Hope. The Corporate Cup trophy and year-long bragging rights will be awarded to the top team in each division.

"We're excited to launch registration for the San Antonio Sports Corporate Cup in January," said Dr. Susan Blackwood, executive director of San Antonio Sports. "Not only will this be a fun event for companies large and small, but it will foster a culture of fitness in our community. So often adults are on the sidelines cheering for their kids in sporting events; we look forward to kids cheering on their parents in the Corporate Cup."

Proceeds from the Corporate Cup will support San Antonio Sports' kids programs, which provide sports and fitness opportunities for more than 170,000 local children annually. Visit [www.sanantoniosports.org](http://www.sanantoniosports.org) for San Antonio Sports Corporate Cup details or call 210-820-2100.

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- Michele, 55, Stone Oak Club

"I am getting the most effective workouts of my life, being fit has never been so easy!"

- Jason, 35, Bitters Club

# New San Antonio Wellness Coalition Forms



*By Blair Labatt, President and CEO, Labatt Food Service*

According to the Centers for Disease Control and Prevention (2010), 34% of adults in the United States are obese. The number of states with an obesity prevalence of 30% or more (31% of adults in Texas are obese) has increased to 12 states in 2010 from none in 2000, indicating that rates are steadily rising — and San Antonio is no exception.

Obesity is a completely preventable condition which often leads to heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of death. So what can we do to stop the rise of obesity and even reduce it? How can we reach people at the right level to truly effect change?

The Wellness Coalition of San Antonio — a creation of the San Antonio Medical Foundation with support from the YMCA, the San Antonio Food Bank, the Kronkosky Foundation, and the Greater San Antonio Chamber of Commerce — sees the workplace as the best vehicle for driving a culture of wellness. If employers work to establish a culture of wellness for their employees and invite their spouses to take part in that culture, then families will be inclined to institute that same culture in the household. Therefore, the Coalition is focused on enlisting San Antonio employers of all sizes to offer their employees and spouses incentives in the form of reduced health premiums in return for setting and meeting realistic and medically rea-

sonable weight loss goals. The Coalition provides all participating companies with the resources needed to enable employees and spouses to meet their goals in the form of a Wellness Program.

## Program Platform

The Wellness Program offered by the Coalition is designed to focus narrowly and single-mindedly on one major health challenge – the fight against obesity in San Antonio. Individual weight loss goals are established for a 12-week period for each participant in the program, and progress toward those goals is independently verified by the YMCA and wellness coaches following guidelines approved by Dr. Bryan Alsip at the San Antonio Metropolitan Health District.

Research indicates that individuals working on a weight loss goal are most successful when they have a support system. Therefore, participants in the Coalition's Wellness Program are assisted in meeting their goals through the three main components of the program – all of which serve to establish empathetic support systems for the participants:

1. Education
2. Exercise
3. Wellness Coaching

## Education

The 12-week program includes educational vignettes offered in weekly classes provided at the workplace and led by nutritionists from the San Antonio Food Bank funded by the Kronkosky Foundation. The education series consists of topics important to people who are trying to enact personal change – subjects such as “Dining Out and Fast Food” and how to “Shop Smart” for healthy food.

## Exercise

The YMCA

provides invaluable resources in the form of facilities throughout the city and knowledgeable staff to allow participants to engage in healthy exercise activities.

## Wellness Coaching

Each participating company is divided into workable small groups of participants to be assigned to a wellness coach. These coaches are selected from nursing students at the University of Texas Health Science Center or from kinesiology students at the University of Texas at San Antonio.

Because the goal of the program is to help participants make permanent changes rather than go on diets, the wellness coaches are used to help guide participants on developing realistic, sustainable plans. It can be overwhelming and exhausting to individually set and stick to a plan to meet a weight loss goal. So the coaches work with their participants to identify small changes that will help them to reach their weight loss goals (e.g., replace soda with water, walk 30 minutes 3 days per week, drink skim milk instead of whole milk, etc.). The coaches track these small changes for each of their participants. This not only allows the participant to celebrate the small wins on the way to the goal but it also holds the participant accountable, both of which help to maintain the participant's motivation in reaching his or her goal.

## Results to Date

To date, four companies ranging from 28 employees to 562 employees



have implemented the wellness program:

- Labatt Food Service
- Carvajal Pharmacy
- Greater San Antonio Chamber of Commerce
- First Mark Credit Union

In each company, 40-90% of employees set goals. Of the completed programs, an average of 19% of participants met their goals.

The goal of the program is a widespread pursuit of wellness, the establishment of a culture of wellness. But individual results can be dramatic and exciting – one participant lost over 50 pounds and reversed a diabetic condition.

### Program Goals

The evidence supports the conclusion not only that employers are willing to provide financial encouragement for employee weight loss but also that employees are very receptive to setting goals and working to meet them. Our goals are to encourage 35% of employ-

ees in participating companies to set goals and to help 20% of goal-setters to reach their goals.

The objective is to create a city-wide initiative involving employers of all sizes. The Wellness Coalition welcomes inquiries from all San Antonio employers. For more information, contact Steve Antunes, Program Director, at 210-614-3730 or Steve@samedfoundation.org.

*Blair Labatt is President and CEO of Labatt Food Service, a third-generation San Antonio company which is the tenth largest foodservice distributor nationally. As Chairman of the San Antonio Medical Foundation, he began the initiative which led to the creation of the Wellness Coalition of San Antonio. The San Antonio Medical Foundation, initiated 60 years ago to accumulate the land for the creation of the San Antonio Medical Center, today continues to act as a land bank and principal landlord of the Medical Center. In forming the Wellness Coalition, the Foundation has made a commitment to taking an active role in support of public health in the entire San Antonio community.*

## Health Fun Facts

*Tired of Gatorade after a tough workout? Try chocolate milk! In a new study, published in the Journal of Strength and Conditioning Research, low-fat chocolate milk after exercise led to improved performance, quicker exercise adaptation and better bods—more muscle gained by milkers during training than those who had carb drinks. Have a great workout and then proudly sport your milk mustache!*

.....

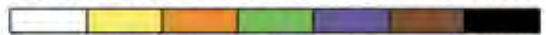
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• **January 15, 2012**  
**Big Bend Ultra Run 2012**

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• **February 8-10, 2012**  
**14th Annual Health Ministry Symposium**

Opening Hearts, Minds, and Doors to Embrace Health & Wellness will be held at La Quinta Inn & Suites San Antonio Convention Center. Wesley Nurse Health Ministries is pleased to provide annual education opportunities for the nurses and healthcare providers of all faiths, as well as community leaders and others involved in health ministries. For more information visit: [www.mhm.org](http://www.mhm.org)

• **February 10, 2012**  
**San Antonio Sports Hall of Fame Tribute Gala**

Located at the Almodome, individual tickets are \$165.00, tables start at \$1,500.00. The class of 2012 will be inducted into the San Antonio Sports Hall of Fame. Bruce Bowen, three-time NBA champion; Stan Bonewitz, former state champion basketball coach at East Central High School; David Hill, NFL Pro Bowl player with the Detroit Lions; Leticia Morales-Bissaro, pitcher on St. Mary's University's national championship softball team; and notable U.S. equestrian leader, Lt. Col. John Russell. For more information call: 210-820-2100.

• **February 11, 2012**  
**Raw Decadent Desserts**

11:00am -1:00pm. Enjoy the healthiest coffee in the world and try several different desserts on us. Learn about the pros and cons of more than a dozen sweeteners, including why none of the delicacies we will be serving up have any sugar, high

fructose corn syrup or aspartame. Recipes provided. Contact Next Generation Water at 210-408-9270. See ad on pg. 12.

• **February 11, 2012**  
**Fight For Air Run/Walk**

7:00am registration; walk begins at 8:00am. The walk is a community event to raise funds and awareness for the American Lung Association in an effort to bring attention to devastating chronic lung disease. For more information visit: [www.fightforairrunwalk.org](http://www.fightforairrunwalk.org).

• **February 15, 2012**  
**Valero Go! Kids Challenge Begins**

Free event located at participating elementary schools in Bexar County. Elementary school students in San Antonio and surrounding areas are encouraged to run, walk, jump and play 60 minutes every day. The goal of the eight-week program, which takes place Feb. 22 through April 22, is to educate children about the importance of routine exercise and proper nutrition and help in the fight against childhood obesity. For more information call: 210-820-2100 or email: [inform@sanantonioports.org](mailto:inform@sanantonioports.org)

• **February 18, 2012**  
**Calavera Duathlons**

8:00am. Calaveras Lake Park, \$60.00 early sign-up. Run/Bike/Run Duathlons. Beginners course and long course. For more information visit: [www.redemptionrp.com](http://www.redemptionrp.com). See ad on pg. 10.

• **February 25, 2012**  
**27th Annual Tower Climb & Run**

Benefiting the Cystic Fibrosis Foundation. Located at the Tower of the Americas. For more information call: 210-829-7267 or visit: [www.lonestar.cff.org](http://www.lonestar.cff.org).



• **March 3, 2012**  
**Walk for MS. San Antonio**

8:00am registration; walk begins at 9:00am. Located at the AT&T Center. For more information contact: [alysa.smith@nmss.org](mailto:alysa.smith@nmss.org).

• **March 4th 2012**  
**Siclovía-San Antonio's Family Adventure**

A non-competitive event that shuts down busy San Antonio streets and turns them into a big recreational event for families to enjoy. For more information visit: [www.siclovía.org](http://www.siclovía.org)

• **March 20-23, 2012**  
**NCAA Division II Women's Basketball Championship**

Located at St. Mary's University Greehey Arena. The top eight teams in NCAA Division II Women's Basketball will meet at the championship. For more information call: 210-820-2100.

• **March 22 – April 1, 2012**  
**Senior Games of San Antonio**

Texas State Senior Games held at various venues in San Antonio. For more information, visit: [www.seniorgames.com/seniorgames](http://www.seniorgames.com/seniorgames).

• **March 25, 2012**  
**SA Get Your Rear in Gear**

5k & 10k Run/Walk for Colon Cancer Awareness. 7:00am. Located at McAllister Park, pavilion #2. For more information visit: [www.getyourrearingear.com](http://www.getyourrearingear.com)



## 2012 Fitness Remix

If you're looking for new ways to have fun and stay fit in 2012, check out the list below. New local options and twists on old favorite workout regimens might be a great way for you to start off the new year in peak form. Check out the options below.

### San Antonio B-Cycle

**What it is:** San Antonio B-Cycle is a bike-sharing system with 20 special bike stations in highly visible and trafficked areas downtown. Members can pick up and drop off gray bikes at any B-station. With a membership, you have unlimited 30-minute rides. Remember, this is bike share, so you use a bike, dock it, grab a bite to eat, then get another bike and ride it. You can dock it at any station. It's that simple. Every time you dock a bike, your free 30 minutes starts over again! Local testimonial: See Success Story on page 9.

**Where:** There are 20 stations located around downtown, including Pearl Brewery and Blue Star. For locations, go to [www.sanantoniobicycle.com](http://www.sanantoniobicycle.com) or download the B-Cycle smart phone app.

**Special offer:** Enter promo code "peaklife" to receive an annual membership for ½ price of only \$30. Offer expires Feb. 10, 2012.

### Alamo CrossFit

**What it is:** Everyday, natural movements are put into a fun and effective

exercise program guaranteed to get you the results YOU want. Our workouts are short, motivating, and coached each and every time. This is fat burning at its finest! Many San Antonians love Alamo CrossFit not only for the fun and camaraderie but also because our mission is to raise funds and awareness for our wounded warriors.

**Local testimonial:** "Just a note to say I am proud to be a member ... and what a huge impact this is on my life. ... I can't express here how you have added exponentially to my life." -Linda Aiken

**Where:** Alamo CrossFit, Stone Ridge Shopping Center, 20835 Hwy 281, San Antonio, TX 78258; (210) 468-1829; [www.alamocrossfit.com](http://www.alamocrossfit.com).

**Special offer:** Your initial consultation, valued at \$65, is absolutely free when you mention *Peak Life SA*.

### Bikram Yoga San Antonio

**What it is:** Ninety minutes of hot yoga, including 26 postures designed to stretch, strengthen, and detoxify your body while burning off body fat, relieving stress, and helping to heal injuries.

**Local testimonial:** "Through the practicing of Bikram Yoga I have improved the way I exercise, breathe, walk, think, eat, and feel



Photo courtesy of the City of San Antonio

overall. It is amazing how a complete mental and physical transformation can be achieved by just practicing one-and-a-half hours three to four times a week." -Gerard Lodico

**Where:** Three San Antonio-area studios; for more info check out [www.bikramyogasa.com](http://www.bikramyogasa.com). Classes seven days a week at all three: Hollywood Park/Stone Oak, 281 & 1604 in the Northwoods (HEB) shopping center; Alamo Heights, The Collection Shopping center, 7959 Broadway (across the center from Soluna); and Huebner and I-10, The Strand at Huebner Oaks, by Half Price Books.

**Special offer:** New students can try the introductory special, \$20 for 10 consecutive days of unlimited yoga.

### CXWORX at Spectrum Athletic Clubs

**What it is:** A concentrated, 30-minute core class that hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt while also improving functional strength and assisting in injury prevention. Les Mills brings another great workout to life with chart-topping motivational music and choreography that doesn't miss a single muscle! A great complement before or after a cardio workout.

**Local testimonial:** "Of all the classes I've done, this one has most definitely helped me increase my core strength and balance. It feels like an intense



concentrated Pilates class and it helps me feel stronger for all the activities I do at the club. It's great!" -Bonnie Burke, 56 years old.

**Where:** For a listing of CXWORX classes, visit [www.spectrumclubs.com](http://www.spectrumclubs.com).

**Special offer:** Try out a CXWORX core class for free when you mention this article.

### R+R Winter Marathon Training

**What it is:** Training program for full and half marathoners for events through March 2012. All experience levels and paces (including walkers) are welcome.

**Local testimonial:** "I am a Physician Assistant and mother of two small children. R+R Fitness has provided me with the guidance to successfully train for my first half marathon in an efficient, safe and fun way. R+R fitness has truly exceeded my expectations, thank you for helping me achieve my running goals!" - Celinda Guerra.

**Where:** Long group runs are held on Saturday. Most of these are held at Tri-Sition Area (1604 & Bitters Rd.). Go to [www.Training210.com](http://www.Training210.com) for more info.

### Koko Fit Club of San Antonio

**What it is:** Koko FitClub is the world's first and only automated personal training studio. After consultation with a Koko FitCoach to determine

the best personalized path for success, members put their Koko Key into the Smartrainer, and the Smartrainer will guide them through their circuit training workout known as the "world's best 30-minute workout."

**Local testimonial:** "Koko Fitness is the best program I've ever tried. It works, and it's fun and fast to do. After just a few weeks, I could really tell the difference in my balance, strength, and energy levels." - Michele, 55, Stone Oak

**Where:** 19903 Stone Oak Parkway, Suite 104, at the corner of Stone Oak Parkway and Hardy Oak, phone (210) 404-9196; and 1218 W. Bitters, Suite 102, at the corner of Bitters and Blanco, phone (210) 479-1395.

**Special offer:** Sign up for a free personal consultation and demonstration at [www.kokofitclub.com](http://www.kokofitclub.com).

### Integrative Martial Arts

**What it is:** Martial Arts is a system of practices and traditions of combat that develop self-discipline and confidence, improve coordination and flexibility, boost self-defense skills, and help individuals achieve peak physical fitness. Martial Arts was conceived to improve the physiological systems and to benefit the human being in different levels: the physical, the psychological, and the spiritual.

**Local testimonial:** "Our son is now

7 years old, and for the last 3 1/2 years it has been rewarding watching him grow through martial arts while advancing to the rank of brown belt. [It] is the best and will no doubt teach your student self-confidence, discipline and, most importantly, self-defense." - Richard and Nikki Flores

**Where:** Integrative Martial Arts & Wellness offers group and private martial arts lessons. Visit [www.imawtexas.com](http://www.imawtexas.com) or call 210-404-9500 for more information.

### Studio A Pilates

**What it is:** Pilates helps increase strength and flexibility, lengthen the body, and align the spine by focusing on core postural muscles essential to providing support for the spine and balancing the body. Pilates is an efficient, effective whole-body workout that prepares the body to meet its daily activities.

**Local testimonial:** "Pilates has been transformative for me. After living with chronic pain for 20 years, I never expected to be both pain-free and substantially fitter (i.e., stronger and more flexible) at 43 than I was in my 20s and 30s." -Carolyn Becker, 43, Monte Vista.

**Where:** Studio A: Pilates, 5310 Broadway, [studioa-pilates.com](http://studioa-pilates.com), [info@studioa-pilates.com](mailto:info@studioa-pilates.com), (210) 828-5900

### Camp Gladiator Boot Camp

**What it is:** A total-body, outdoor adult fitness workout. A typical session could include interval training, sprint and agility drills, stations, plyometrics, body weight strength drills, cardio mix, and much more. Most of the drills are timed (i.e., pushups for 60 seconds) to allow all fitness levels to get the best workout possible.

**Local testimonial:** "Camp Gladiator is a great experience no matter what your fitness level. Rene does a great job motivating you, keeping things interesting, and getting you in shape." -Kam Smebly, Leon Springs

**Where:** For locations and workout times, visit [www.campgladiatorsanantonio.com](http://www.campgladiatorsanantonio.com). Or contact Rene Urteaga, [reneurteaga@campgladiator.com](mailto:reneurteaga@campgladiator.com) or (214) 766-3823.

**Special offer:** One free boot camp session for anyone in San Antonio.



# Long-Awaited Business Wellness Coalition Kicks Off January 2012



*By Stacy A. Maines, MPH, Sr. Management Analyst, San Antonio Metropolitan Health District*

The number of obese and overweight Americans is an all-time high. With numbers on the rise, businesses have stepped in to do something about it. In fact, according to the Wellness Councils of America more than 81% of America's businesses, with 50 or more employees, have some sort of health promotion program.

Locally, the San Antonio Business Group on Health (SABGH) seeks to promote worksite wellness across the Alamo city. The group will host its first meeting in January and invites employers looking to network, improve their worksite wellness programs or address raising health care costs to join the SABGH efforts.

The SABGH is the successor organization of the San Antonio Worksite Wellness Task Force, which the San Antonio Metropolitan Health District initiated in May 2008. The Task Force was formed as an informal work group of interested organizations looking to strengthen local employers' wellness programs.

The Task Force leveraged resources from its partners and offered free educational and networking forums to the business community. These forums provided a glimpse into best practices in worksite health promotion and offered a networking venue for professionals in the field. The Task Force also implemented the pilot Healthy Work-

place Recognition Program to recognize local employers for their worksite wellness initiatives in six areas: culture; health education; nutrition; physical activity; smoking and tobacco use; and health benefits and value-based benefits design.

"The Task Force has been a great resource for sharing ideas with other employers on worksite wellness and benefits," said Steve Tovar, Senior Director of Employee Benefits at North East ISD. "The health insurance industry is a very dynamic field and it is a useful forum to be able to learn about changes in the industry and share best practices."

Cities throughout the country already have similar coalitions making San Antonio one of the last major cities to adopt one. Local human resources and wellness benefits professionals have wanted a formal employer-led coalition on health for some time and are excited at the opportunity that membership in the SABGH brings.

"There are a lot of very simple things you can do which don't require a large outlay of money, like walking programs and pricing strategies in your vending machine to encourage healthier drink and snack choices. Going from "no" activity to "some" activity has a really big

payoff for health, so these small programs are actually meaningful," said Dr. Peter Wald, Vice President Enterprise Medical Director for USAA.

Even though the SABGH is being modeled after coalitions established in other communities, the leadership aims to meet the needs of local businesses and the many smaller and non-public employers headquartered here. Moreover, the SABGH will align its efforts with those of the Mayor's Fitness Council and the movement to improve the health of San Antonio. Healthier employees have the potential to influence the health of their families and the community, and a healthy community provides a competitive advantage for economic development.

For more information regarding the San Antonio Business Group on Health, contact Stacy Maines at [stacy.maines@sanantonio.gov](mailto:stacy.maines@sanantonio.gov) or (210) 207-8744.





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# Low Calorie Lasagna

Contributed by Jennifer Meachum RD, LD; and Kendall McGiffert RD

This New Year you don't have to give up one of your favorite Italian meals in fear of sabotaging your healthy eating plan. This recipe for lasagna and Caesar salad is packed with nutrients and flavor that the whole family will enjoy. You can also be proud of the money you will be saving your family by dining in. A typical lasagna entrée and side Caesar salad (page 22) from an Italian restaurant not only weighs in at around 900 calories and 75 gm of fat, but also costs approximately \$15.00 (for one person!). For the same money you can feed an entire family of 6. Buon appetito!



## Light and Luscious Lasagna

8 oz. lasagna noodles-whole wheat

1 lb. lean ground turkey

2 lbs. low fat ricotta cheese

2 eggs

3 oz Romano cheese

1/2 tsp. salt

1/2 tsp. pepper

2 tsp. oregano,

crushed

2 Tbsp. fresh parsley,

minced

3 c. no salt added

tomato sauce (from

4 (8 oz.) cans)

2 tbsp. seasoned bread crumbs

4 oz. part skim Mozzarella cheese

2 packages of frozen chopped

spinach, thawed and squeezed dry

### Directions

1. Brown and crumble ground turkey.
2. Cook noodles in boiling, salted water 15 to 20 minutes. Drain, rinse well.

3. Combine ricotta cheese with egg, Romano cheese, salt, pepper, oregano and parsley.
4. Combine meat and tomato sauce.
5. In a 9 x 12 x 2 pan, layer noodles, cheese mixture, spinach and sauce mixture.
6. Sprinkle bread crumbs on top and top with Mozzarella.
7. Bake at 350 degrees for 45 minutes.

Nutrition Facts	
12 Servings	Amount Per Serving
<b>Calories</b>	339
<b>Total Fat</b>	13.7 g
Saturated Fat	7.1 g
Monounsaturated Fat	3.1 g
<b>Cholesterol</b>	93.8 mg
<b>Sodium</b>	789.0 mg
<b>Potassium</b>	446.6 mg
<b>Total Carbohydrate</b>	27.8 g
Dietary Fiber	3.0 g
Sugars	3.8 g
<b>Protein</b>	26.5 g



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## Getting Healthy With H-E-B



*By Kate Rogers, VP of Partner Communication & Engagement for H-E-B*

For more than 100 years, H-E-B has focused on involvement in the community as an important part of the way we do business. We are committed to creating a culture of health by engaging our Partners (i.e., employees) and helping them understand how personal actions influence health, productivity, longevity, and overall happiness — and we want to make it fun.

In 2003, we launched a wellness program — Healthy at H-E-B. The program initially focused on two main goals: to reduce health care cost, and to improve the health and quality of life for Partners. Through the use of a comprehensive website, a communication plan, and Wellness Champions, we have been able to educate Partners and significantly grow program participation each year.

In 2011, we added another layer to our program by recognizing “Healthy Heroes,” Partners who have taken steps toward living healthy lifestyles and who are willing to share their personal stories to help inspire others. Last summer, H-E-B’s wellness team and Healthy Heroes helped organize over 150 walking groups and 26 5K events across the state.

We also held our first ever Slim Down Showdown, a Biggest Loser-style competition in which 15 Partners from across the state competed. During the 12 week competition, Partners learned the basics of proper diet and exercise. At the end, over 550 pounds were lost,

and participants saw significant improvements in their overall biometrics.

Through Healthy at H-E-B, a blueprint has been created for a sustainable culture of health. We will continue our efforts to engage our Partners on this journey. However, they are just the tip of the iceberg. In addition to our internal strategies, we will expand the program to our customers by launching the Healthy at H-E-B brand externally. In-store events and activities will educate Texans on the basics of proper nutrition, exercise and overall health.

In early 2012, your local H-E-B will host two weeks of expanded free screenings at our pharmacies, cooking and fitness demos, and special coupons and offers on products that will help customers make healthier choices. During the event, we will announce the Slim Down Showdown for customers, where twenty-five customers from across the state will have a chance to compete for a \$10,000 grand prize! The contest will run from June through October and will culminate in a grand finale celebration at our annual Healthy Family Expo right here in San Antonio.

In addition to the Slim Down Showdown, this year our customers will have an opportunity to participate in the Ready, Set, Cook! Challenge teaching the basics of healthy cooking and meal planning. The Ready, Set, Move! Chal-

lenge later in the year will encourage customers to get at least 150 minutes of activity per week.

The Texas trends of obesity and related health conditions are alarming. The prevalence of overweight and obese adults in Texas has doubled in the last two decades. Last June, Texas was listed as the 13th most obese state in the nation. An estimated 64% of the total population and one in five Texas kids is now considered overweight or obese. If nothing is done to correct this course, it is estimated that 43% of Texans will fall into the obese category by the year 2040. As one of the largest sellers of food in Texas, we feel it is our responsibility to take a leadership role and do all that we can to help change this trajectory one Partner, one Customer, and one choice at a time.



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# Stressed Out In 2012? Deal With It! Effectively Managing Stress



By Leslie J. Hoy, MA, LPC

For most of us, the word "stress" brings up negative connotations. We may think about how stressed we are currently in our own lives. Most of the

people that I have surveyed state that they have moderate to severe levels of stress on a daily basis! Constant stress has been shown to decrease immunity, cause muscle pain and tension, and exacerbate gastrointestinal problems and asthma. Stress has been linked to heart attacks, high blood pressure, low fertility, erectile problems, to name a few.

There is good news! Not all stress is bad for you. It is stressful to start a new project or have a baby, but it is also a wonderful and exciting time as well. Without any stress, most of us would be bored. The key is to find balance.

You can do many things to deal with stress more effectively, such as:

1. Identify your goals and values. What is most important to you?

Many of us spend time keeping busy with activities or tasks that just really are not that important to us.

2. Re-assess how you are spending your time. Work to decrease (delegate or eliminate) the activities that are not that important to you and that do not move you closer to your goals or values.
3. Write out your current stressors. For each one, identify possible solutions or strategies to cope with it.
4. Exercise! Exercise is one of the best stress busters that is out there! There are so many benefits, including: reducing the risk of heart disease, stroke and Type II Diabetes, increasing self-esteem, and decreasing anxiety and depression. Choose a form of exercise that you enjoy!



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5. Eat healthy. For many of us, when we get stressed, we eat more of the foods that are not nutritious for us – junk food, fast food, etc. It only adds to your stress level. Eating a nutritious diet gives your body what it needs to cope better with the higher levels of stress.
6. Create a strong support network. Research suggests that we cope better with stressors when we have people that we can count on and support us. Choose quality over quantity. Friends are precious; treat them well!
7. Do relaxation-type exercises on a daily basis. Great strategies to truly relax include yoga, meditation, prayer, visualization, and hypnosis.
8. Change what you say to yourself. What we say to ourselves can significantly increase or decrease our perception of stress. If you tell yourself that “things will never get better,” it will increase your level of stress. If you tell yourself “do the best I can,” you are better able to deal with the situation and decrease the overall level of stress.
9. Identify what you can change and what you have no control over. Too many of us spend time worrying about things we can’t change! It just increases your stress. Focus on what you can control or influence. We cannot control the actions of others; the only one we can truly control is ourselves.
10. Develop a good sense of humor. Laughter really is the best medicine. Laughter increases the level of endorphins and neurotransmitters in your system and reduces the level of stress hormones. Laughing can improve your immune system and provide a wonderful physical and emotional release. Think of ways to increase the laughter in your day – gravitate towards those people who are upbeat and have a good sense of humor, read those email jokes that make you laugh or watch a funny movie.

What are you willing to do to decrease your stress? Pick one or two

strategies from the list. It can be done – one step at a time!

*Leslie J. Hoy, MA, LPC is a Licensed Professional Counselor and a Certified Cognitive Behavioral Therapist. She specializes in helping people overcome depression, anxiety, weight, sleep and communication problems using research-based cognitive-behavioral strategies. Leslie can be reached at 210.379.4403 or leslie@hiperformance.net. Please check her website at www.leslie-lpc.com.*



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# Guilt Free Caesar Salad

Contributed by Jennifer Meachum, RD, LD

6 cups of Romaine lettuce leaves, torn into small pieces

½ cup cherry or grape tomatoes, cut in half

2 Tbsp. shredded or shaved Parmesan cheese Dressing

3 Tbsp. Reduced Fat Mayo with olive oil

1 ½ tsp. red wine vinegar

2 tsp. parmesan cheese, shredded or grated

2 tsp. fresh lemon juice

½ tsp. garlic salt or garlic powder to reduce sodium content of recipe

½ tsp. ground black pepper

1. In large bowl place the first four ingredients, set aside.
2. In small bowl combine all the dressing ingredients until well blended. Add to salad and toss gently to evenly coat entire salad.
3. Serve immediately. If serving at a later time, store salad and dressing separate and refrigerate. Makes 6 servings.

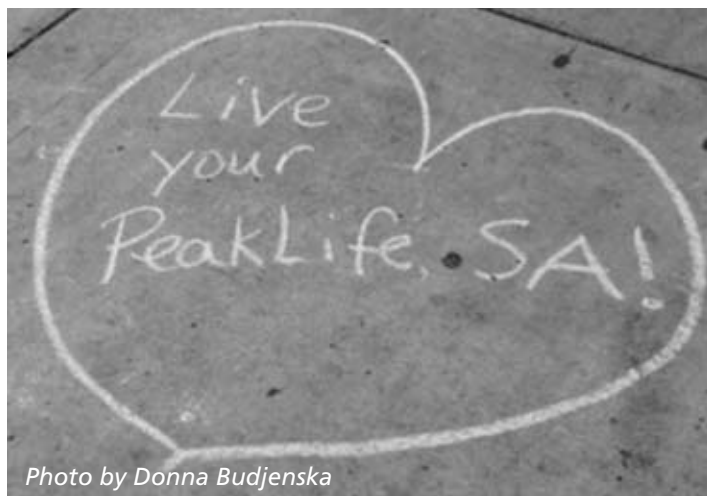


Photo by Donna Budjenska

Nutrition Facts	
Amount per serving	
<b>Calories:</b>	44.4 kcal
<b>Carbohydrate</b>	2.76 g
<b>Protein</b>	1.54 g
<b>Total Fat</b>	3.23 g
Monounsaturated	0.18 g
Saturated	0.77 g
<b>Cholesterol</b>	4.46 mg
<b>Dietary Fiber</b>	1.15 g



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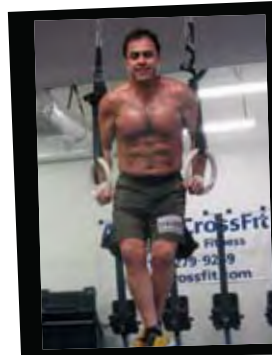
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**FREE 24 DAY CHALLENGE SEMINAR...**  
 Where We'll Reveal the "Insider Secrets" That Will Make Sure You're  
 Getting the Absolute Most Out of Your Fitness Program!"

**THE 24 DAY CHALLENGE** is Your Fast Track to Burning off Fat and Building Lean Muscle! We want to make sure you're part of this awesome program. So here are the five reasons why we want you to register immediately for your **FREE SPOT AT THE 24 DAY CHALLENGE SEMINAR:**

- #1 Better results faster than ever!** We'll show you the #1 way to make the most of your time in the gym, so you can start seeing results right away. And when we say right away... we mean right away.
- #2 A New Approach to Nutrition!** We'll reveal the "Insider Tips" on the best approach to build nutrition into your fitness program. (Hint: you might think you're eating well right now, but chances are some lights will go off when we show you this.)
- #3 Fire Up a Fresh Focus.** We'll give you the best way to "get back on track" if you've lost a little bit of focus on your commitment to fitness.
- #4 Say Goodbye to All the Obstacles!** We'll show you exactly how my team and I will strip away all the obstacles, so that in just 24 days, you'll achieve dramatic results.
- #5 Hit Your Goals More Quickly!** We'll help you see with 100% clarity the visible, measurement improvements in your body that you're going to achieve.



**Rick Martinez**  
 44 Yrs Old, Dad

I put myself through the 24 Day Challenge first. I wanted to see if the results were real. Well...they are. How I view my diet and what I eat has transformed me.

**I lost 4 lbs in the first week alone**  
 and because of new habits learned,  
**I am STILL trimming up.**



**Amanda Becvar**  
 25, Home Preservation Specialist

Amanda Becvar is just one of the hundreds of people who have been through our 24 Day Challenge....

**"I lost 13 pounds of body fat and added quite a bit of lean muscle."**

I started the 24 day challenge not really knowing what to expect. I committed to the program and my results were amazing. My body has shape and definition now that I haven't seen in a while. I feel incredible and actually enjoy working out now.

**Having a plan that took all the guess work out made all the difference."**



[www.alamocrossfit.com](http://www.alamocrossfit.com)

**ACT NOW!**  
 Register Now and Claim  
**YOUR FREE SPOT FOR  
 24 DAY CHALLENGE SEMINAR...**  
[www.sanantonio24daychallenge.com](http://www.sanantonio24daychallenge.com)  
 (210) 468-1829  
**THE 24 DAY CHALLENGE SEMINAR**

Alamo CrossFit  
 20835 US Hwy 281, St 500B  
 San Antonio, TX 78258  
 ( Stone Ridge shopping center across from Half Priced Books! )

**"How Real People Right Here in San Antonio Are Fast Tracking  
 Fitness... REMARKABLE RESULTS They Can See and Feel IN JUST 24 DAYS"**

# 30 Minutes to Everything!

GO BY BIKE AND REAP THE REWARDS!



FEEL GREAT



LIVE HEALTHY



SAVE MONEY



REDUCE POLLUTION



HAVE FUN

YOU GET A FRESH 30 MINUTES EVERY TIME YOU DOCK!

## SAN ANTONIO BIKE SHARING NETWORK



Take one-way rides and drop off your bike every half hour to avoid usage fees

Bikes can be picked up and returned at any B-cycle station in the city

Day Passes & Memberships Available



SIGN IN



SELECT



RIDE



RETURN



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