

WELLNESS WEDNESDAY

Newsletter

Health News

Working On Your Wellness? THINK LONG TERM

"This miracle pill helped me lose 10 pounds in a week!" "Drink this soup three times a day for weight loss results you won't believe!" Sound familiar?

Everywhere you look, there is some new diet, pill, or drink that promises fast and easy weight loss. But these weight loss products or methods may do more harm than good. They can limit your intake of essential vitamins, electrolytes, and nutrients.

Quick fixes are not the key to achieving a healthy lifestyle. Focus on sustainable habits, such as adding 15-minute increments of daily

The Academy of Nutrition and Dietetics says to be cautious if a diet, pill, or drink supplement has any of the following red flags:

- Promises rapid weight loss.
- Restricts entire foods or food groups.
- Has no recommendation of increased physical activity.
- Claims simple conclusions from a complex study.
- Offers recommendations based on a single study or studies published without peer review.
- Makes dramatic statements and claims proven false by reputable scientific organizations.

exercise to your routine and making healthier food choices. Small changes can make a big difference, so work on one habit at a time. Keep in mind that your weight is not an accurate measure of your overall health and that wellness is a lifelong goal.

DidYouKnow.... Laughing helps protect your heart —it helps relieve mental stress that can impair the protective lining of your blood vessels.



Healthy Activity

Wurst Tri Ever



Saturday - September 6th, 2014

400M Swim / 14 Mile Bike / 2.7 Mile Run

Race Options: Swim/Bike, Run/Bike, Swim/Run, Relay

Race Start 7:30am

Race Hotline 210-912-8874

Free Fitness Opportunities for Staff



Monday

Zumba-

Erskine Gym 5:30-6:30 w/ Vicky Navarro

Fitness Center-

Erskine Gym 4:15-6:30

Tuesday

Zumba-

Erskine Gym 5:30-6:30 w/ Vicky Navarro

Fitness Center-

Erskine Gym 4:15-6:30

Wednesday

Zumba-

Erskine Gym 5:30-6:30 w/ Vicky Navarro

Fitness Center-

Erskine Gym 4:15-6:30

Thursday

Zumba-

Erskine Gym 5:30-6:30 w/ Vicky Navarro

Fitness Center-

Erskine Gym 4:15-6:30