



## HEALTH & FITNESS

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.

- Participate in Free Fitness in the Parks.
- Support restaurants that offer healthy food choices.
- Advocate to include mental health as an integral part of health and fitness.
- Drink more water. At least 8-8 ounce cups per day.
- Eat more vegetables. At least three servings per day.
- Create a health plan for employees at your business. Make sure it includes mental health.
- Move more. Get 30-minutes of exercise 5 days a week.
- Have one meat-free meal per week.
- Go to bed earlier. You need seven to nine hours of sleep!
- Quit smoking.
- Make a doctor's appointment and get an annual checkup.
- Bike or canoe the Mission Reach.
- Go for a swim in your public pool.
- Run in the San Antonio Rock 'n' Roll Marathon.
- Train for and run in a 5K.
- Wear red on February 2nd and spread the word about heart health.
- Schedule a well-woman visit with your doctor.
- Participate in National Mental Health Awareness Month in May at [1in5minds.org/maynicures](http://1in5minds.org/maynicures).

- Take your kids to the H-E-B Body Adventure at Witte Museum.
- Learn to play RoTenGo.
- Encourage a student to become a Mayor's Fitness Council Student Ambassador.
- Join Any Baby Can's Walk for Autism.
- Participate in the San Antonio Sports Corporate Cup.
- Join the Youth Advisory Council of Healthy Futures of Texas.
- Join a sports league or play pick-up sports at a park.
- Join the YMCA.
- Serve as a volunteer coach for a youth sports league.
- Participate in a blood drive.
- Talk to your teen about safe sex and other resources.
- Learn more about the Healthy Bexar Plan and get involved.
- Encourage your local corner store to carry healthier food options.
- Make a commitment of your own:

---

---