

# Monthly Message

## March 2007



903 N. St. Mary's • San Antonio, TX 78215  
(210) 246-9613 • [www.FitCitySA.org](http://www.FitCitySA.org)

### National Nutrition Month—Diet Food Fads



Diet fads come and go, and some may help you lose weight – in the short term. For National Nutrition Month® 2007, the American Dietetic Association says the most effective long-term way to achieve a healthful lifestyle is to be 100%

#### *Fad Free.*

“You can lose weight on virtually any diet,” said registered dietitian and ADA spokesperson Roberta Anding. “If you eat less, you will lose weight. The question is, can you maintain a healthy lifestyle over the long term, your life? The real key to reaching long-term goals is to focus on your overall health.”

Through National Nutrition Month, created in 1973, the American Dietetic Association promotes healthful eating by providing practical nutrition guidance and focusing attention on making informed food choices and developing sound physical activity habits. National Nutrition Month also reminds consumers that registered dietitians are their most valuable and credible source of timely, science-based information.

Anding encourages everyone to keep in mind these National Nutrition Month key messages to enjoy a 100% *Fad Free* lifestyle:

- ⇒ **Develop an eating plan for lifelong health.** Too often, people adopt the latest food fad rather than focusing on overall health. Get back to basics and use the new *Dietary Guidelines for Americans* and *MyPyramid*

*as your guide to healthy eating.*

- ⇒ **Choose foods sensibly by looking at the big picture.** A single food or meal won't make or break a healthful diet. When consumed in moderation in appropriate portions, all foods can fit into a healthful diet.
- ⇒ **Learn how to spot a food fad.** Unreasonable or exaggerated claims that eating (or not eating) specific foods, nutrient supplements or combinations of foods may cure disease or offer quick weight loss are key features of fad diets.
- ⇒ **Find your balance between food and physical activity.** Regular physical activity is important for your overall health and fitness plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.
- ⇒ **Food and nutrition misinformation can have harmful effects on your health and well-being,** as well as your wallet. Registered dietitians are uniquely qualified to communicate current and emerging science-based nutrition information and are an instrumental part of developing a diet plan that meets your individual needs.

With approximately 65,000 members, the American Dietetic Association is the nation's largest organization of food and nutrition professionals. ADA serves the public by promoting optimal nutrition, health and well-being. To locate a registered dietitian in your area, visit the American Dietetic Association at [www.eatright.org](http://www.eatright.org).

Article taken from the American Dietetic Association

## RECIPE

### Spinach Salad & Red Potato

#### INGREDIENTS

- 1(10 ounces package fresh spinach, torn
- 3 small red potatoes, cooked & diced
- 2 hard-cooked eggs-chopped
- 1/2 cup sliced fresh mushrooms
- 2 bacon striped, diced
- 1/4 cup chopped red onion
- 1/2 teaspoon cornstarch
- 1/4 cup apple juice
- 2 tablespoons cider vinegar
- 2 teaspoons Splenda®1
- 1/8 teaspoon pepper

#### DIRECTIONS

1. In a salad bowl, combine spinach, potatoes, eggs and mushrooms. In a skillet, cook bacon until crisp. Remove bacon and drain on paper towels.

2. In the drippings sauté onions until tender. Combine cornstarch, apple juice, vinegar, sweetener and pepper until smooth; stir into skillet. Bring to a boil; cook and stir for 1-2 minutes or until slightly thickened and bubbly.
3. Pour over spinach mixture. Add bacon and toss.
4. Serve immediately.

#### NUTRITIONAL INFO

One cup serving size:

- 60 calories
- 2g fat
- 56 mg cholesterol
- 109 mg sodium
- 6g carbohydrates
- 0 fiber
- 4g protein

**Upcoming Events**

**Southside Community Wellness Extravaganza**

Sat. March 3rd, 9am-12pm  
Southside High School  
19190 Hwy 281 S

**SARR Monthly Fun Run**

Sat., March 3rd, 8:30am  
McAllister Park  
210.822.2800

**Spring Triathlon Program**

Sat., March 3rd, 8:00am  
Group Training for Sprint, Olympic,  
& Half Marathon  
210.695.6430

**Stone Oak Elem. "Run for Cover" 5K Run/Walk**

Sat., March 3rd, 8:30am  
McAllister Park, Pav.#2  
www.iaapweb.com

**Recovery for our Girl Amber, 14-mile long run**

Sun., March 4th, 7:30am  
McAllister Park, Al Becken Pav.  
210.887.3470

**St. Patrick's Day 5K**

Sat., March 10th, 8:30am  
Brackenridge Park  
210.695.6430

**Speak Up for Kids CASA 5K**

Sat., March 17th, 8:00am  
Olmos Park  
210.225.7070

**SARR Prickly Pear 50K & 10-mile Trail Run**

Sat., March 17th, 7:00am  
McAllister Park Pav.#3  
210.651.6096

**Rattler Run 5K & 1.5 Fitness Walk**

Sat., March 24th, 8:00am  
St. Mary's University Campus  
210.436.3248

**Ambassadors For Christ—Race For Romania**

Sat., March 24th, 8:00am  
210.479.0000

**Pray With Your Feet 5K Fun Run**

Sun., March 25th, 8:00am  
St. David's Episcopal Church  
210.832.9550

**Gonko Duathlon 5K, 25-mile, 5K**

Sun., March 25th, 8:00am  
Texas Research Park  
210.695.6430

**10th Annual Race for the Cure Susan G. Komen Foundation**

Sat., March 31st, 8:00am  
Alamodome  
210.222.9009

**Free Aerobics Classes**

Monday-Thursday 5:20-6:15pm  
Tuesday-Thursday 12:00-1:00 pm

San Fernando Gym  
319 W. Travis St  
210.471.9746

**Are you interested in having the Fit City program at your work?**

Contact (210) 246-9613

**San Antonio Parks**

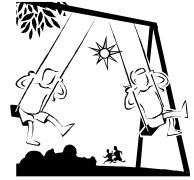


Now that spring is coming, nights are longer and the weather is perfect for families to get to one of the over 100 parks in San Antonio for fun and physical activity.

The San Antonio Parks and Recreation Department offer many amenities that will help your family better enjoy the outdoors. Here are some of what the

parks have to offer:

- Playscapes and playgrounds
- Athletic Fields
- Recreational programming
- Hike and Bike Trails, hard and soft surfaces, and nature trails
- Basketball courts
- Pavilions and picnic tables
- Tennis courts
- Fishing Ponds
- Golf courses



- 26 Community Centers that offer many different activities from butterflies and bugs to arts, crafts and sports for youth and adults.

These are only some of the free and easy ways to enjoy the outdoors and to teach your family the importance and the fun of physical activity. To find a park and community center near you go to [www.sanantonio.gov/sapar](http://www.sanantonio.gov/sapar) or call 210.207.PARK.



**Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body.**

1123 Navarro ~~ San Antonio, TX 78205 ~~ (210) 246-9622 ~~ [www.ymcasatx.org](http://www.ymcasatx.org)

**YMCA...We build Strong Kids, Strong Families and Strong Communities.**

**\*Boerne Hill Country Family YMCA**

266 N. Main  
Boerne, TX 78006  
(830) 815-1040  
*(Full Facility without pool)*  
**Braundera YMCA**  
9606 Bandera Rd.  
San Antonio, TX 78250  
(210) 520-9700  
*(Family Fitness Coming Soon)*  
**YMCA Camp Flaming Arrow & YMCA Roberts Ranch**  
P. O. Box 770  
Hunt, TX 78024-0770  
(830) 238-4631  
(800) 765-9622

**\*Davis-Scott YMCA**

1213 Iowa  
San Antonio, TX 78023  
(210) 532-0932  
**\*Mays Family YMCA**  
21654 Blanco Rd.  
San Antonio, TX 78258  
(210) 497-7088  
*(Full Facility without pool)*  
**\*New Braunfels Family YMCA**  
711 Landa  
New Braunfels, TX  
(830) 606-9622  
**Northeast YMCA**  
10710 Nacogdoches  
San Antonio, TX 78217  
(210) 656-5777

**\*D. R. Semmes YMCA**

903 N. St. Mary's  
San Antonio, TX 78215  
(210) 246-9600  
**SBC YMCA**  
835 W. Southcross Blvd.  
San Antonio, TX 78211  
(210) 924-2277  
**\*Westside YMCA**  
2900 Ruiz  
San Antonio, TX 78228  
(210) 433-6391

**\* Indicates Full Health & Wellness Facilities**