

2017

MAYOR'S FITNESS COUNCIL ANNUAL REPORT

An overview of our FIT CITY



Mayor's Fitness Council
City of San Antonio



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The Mayor's Fitness Council (MFC) was created in 2010 with a mission to lead San Antonio to be one of the healthiest and most active communities by creating a collaborative effort in which citizens, groups, and organizations work together to achieve targeted health and fitness goals.

Today, the MFC thrives throughout our city with demonstrated impact that has become a model for other cities around the country.

The Mayor's Fitness Council is supported by City leadership, the San Antonio Metro Health District, and hundreds of volunteer partners, sponsors, and supporters who are dedicated to making San Antonio a healthier and more active city.

Mayor Ron Nirenberg

Mayor Nirenberg wants to unite all of San Antonio to get healthy together by embracing healthy eating and active living.



Mayor Nirenberg encourages all residents to, "Get outdoors and hop on a bike, go for a walk, get in the water, or get to the gym --all in the name of health and fitness."

Student Ambassador Program



The Student Ambassador Program provides an opportunity for student leaders to support the mission of the Mayor's Fitness Council by promoting healthy living within their school and community. With representation from nearly every school district in San Antonio, these students participate in leadership development and training throughout the year - all in an effort to create health service projects that will improve the health of their community.

140 Student Ambassadors, grades 5-12, were selected from 78 public, private and charter schools in Bexar County

12 Bexar County ISDs are represented

FitCitySA.com

FitCitySA.com is the main community portal for health and fitness in San Antonio. The website is managed by the Mayor's Fitness Council with support of the YMCA.

19,000 individual/unique visitors in 2017 (compared to 21,651 in 2016)



FitCitySA Video Segments

These videos highlight the unique opportunities that San Antonio offers to help community members get active and stay healthy.

8 episodes produced in 2017

1750.5 combined views (Youtube and Facebook) per episode

San Antonio Walks

The mission of the San Antonio Walks! walking program is to increase the number of people getting physically active through walking in their neighborhoods and worksites. With over 633 walking groups (29 percent increase from 2016), city residents from every demographic imaginable enjoy our city's walkable trails, parks, and neighborhoods.

San Antonio Business Group on Health (SABGH)

The SABGH is the Mayor's Fitness Council committee that promotes worksite wellness. The SABGH hosts quarterly worksite wellness forums that bring leaders together to focus on educational topics related to worksite wellness. The Healthy Workplace Recognition Program recognizes employers for their worksite wellness efforts.

90 average attendees number at quarterly forums

50 employers were recognized in the Healthy Workplace Recognition Program



MFC Partner Programs & Events

Community Challenge (It's Time Texas)

Fit Family Challenge (San Antonio Sports)

Fitness in the Park (San Antonio Parks and Recreation)

Healthy Neighborhoods Program (San Antonio Metro Health)

Mobile Mercado (San Antonio Food Bank)

Siclovia (YMCA)

Executive Committee

Eric Cooper, *Chair*

San Antonio Food Bank

Jeff Skelton, *Past Chair*

Health Advocate

Amelie Ramirez, PhD

Institute for Health Promotion Research

Annette Zaharoff, MD

Non-Surgical Center of Texas

Ashok Kumar, MD

UT Health San Antonio

Bert Pickell

San Antonio Walks

Bryan Bayles, PhD

Witte Museum, UT Health San Antonio

Celina Paras, MSc, RDN, LD

Culinary Health Education for Families (CHEF)

Colleen Bridger, PhD

San Antonio Metro Health

Danielle Leon

Northside Independent School District

David Webster, MD

Humana

David Whitt

City of San Antonio Employee Wellness

Esteban Lopez, MD

Blue Cross and Blue Shield of Texas

Liesien Benet

YMCA of Greater San Antonio

Mandy Tyler

Education Service Center, Region 20

Mary Ullmann Japhet

San Antonio Sports

Mitchell Hagney

Food Policy Council

Nikki Ramos

City of San Antonio Parks and Recreation

Peter Wald, MD

USAA

Robert Ferrer, MD

UT Health San Antonio

Sandy Morander

YMCA of Greater San Antonio

Xavier Urrutia

City of San Antonio Parks and Recreation

2017 MFC Endorsements

- Dance Expression Club
- International Day of Yoga
- 2017 Tour de Cure
- Step Out: Walk to STOP Diabetes
- Fresh Air Friday
- Viva La Salud!
- Fitesta
- San Antonio Walk for PKD
- Camp Power Up
- 5K Fun Run and Walk for Kidneys
- Witte 5k and Dino Dash
- Battle at the Alamo Beer Company
- Scout Strong Patriot Run 5K
- Community Wellness Fair & Community Garden
- Zoi Party
- Baby Buggy Walk in the Park/5K
- OLLU 2nd Annual 5K Confetti Run & Walk
- Run for Justice
- 2 Year Anniversary UFC Gym
- River Relay 2017
- Flow Fest & Run
- SATX Social Ride
- Rebuild Rockport
- Amazing Apples
- Winter Jam
- Merry Fitmas in the Park