

Mayor's
Fitness Council



WWW.FITCITYSA.COM

TABLE OF CONTENTS

- 02  EXECUTIVE MESSAGE
Mayor Ron Nirenberg
- EXECUTIVE MESSAGE
Claude A. Jacob, San Antonio Metropolitan Health District
- EXECUTIVE MESSAGE
Mandy Tyler, MFC Full Council Chair
- 05  EXECUTIVE COMMITTEE
& Stakeholder Advisory Board Members
- 06  MFC AWARDS & RECOGNITION
- 07  IT'S TIME TEXAS
Community Challenge
- 08  COMMUNITY COMMITTEE
- 09  COMMUNICATIONS COMMITTEE
- 10  SABGH
San Antonio Business Group on Health
- 12  HEALTHY SCHOOLS COMMITTEE
- 14  JOIN A COMMITTEE

EXECUTIVE MESSAGE



LETTER FROM THE MAYOR

Ron Nirenberg Mayor of San Antonio

Greetings!

Despite the challenges brought forth by the COVID-19 pandemic, San Antonians have pushed forward and focused on recovery. This also applies to the folks who make up the Mayor's Fitness Council and our student ambassadors. Members of the council participated in the city's COVID-19 recovery efforts through the Metropolitan Health District's Community Response and Equity Coalition. (CREC), and the council's community committee also created a partnership directory for community members to collaborate on initiatives for a healthier, more active city. A mental wellness resource guide was also created by the MFC in partnership with Humana and KLRN PBS, which will serve as a valued resource for Bexar County School Districts.

This year, we also saw the return of Siclovía, our signature family-friendly event that encourages residents and visitors to get out, get active, and explore their city through car free streets. Amid uncertainty, residents came together in a time of great need and took to the outdoors more than ever. San Antonio was awarded the 2021 It's Time Texas Community Challenge prize in the metro category, beating out cities like Austin, Dallas, Fort Worth, El Paso, and Corpus Christi. I want to continue to encourage our residents to get moving and explore San Antonio. There are ample opportunities to engage outdoors, such as exploring our greenway trails system, visiting the Phil Hardberger Land Bridge, and participating in a diverse selection of Fitness in the Park classes hosted by the city's Parks and Recreation Department.

Our Student Ambassador Program secured additional funding thanks to a heartfelt donation of \$75,000 dollars made by community philanthropist Jean Cheever. The program is poised to continue far into the future thanks to this unprecedented gift. We thank Jean for her dedication and investment in our future leaders.

I also want to take this opportunity to recognize Mandy Tyler for her leadership as Full Council Chair these past two years and give a shout out to Eric Cooper for his tenure as Immediate Past Chair. I am happy to welcome Liesien Benet as our new Full Council Chair, who will work with our MFC members to continue engaging our community. Remember, the work does not stop now. Thanks, San Antonio. We're in this together!

Sincerely,

A handwritten signature in black ink, appearing to read 'Ron Nirenberg', enclosed within a simple oval outline.

Ron Nirenberg
MAYOR

MESSAGE FROM THE DIRECTOR



Claude A. Jacob

Director of Health, San Antonio Metropolitan Health District



Claude A. Jacob
Director of Health

Greetings Mayor's Fitness Council Members!

As I settle into my new routine in San Antonio, I would like to take this opportunity to thank the Mayor's Fitness Council members and partner organizations who have worked hard to champion health, fitness, nutrition, and mental wellbeing throughout 2021.

The past year has been an adjustment for us all. The ongoing COVID-19 pandemic has changed the way we do business, and many of you have worked countless hours to restructure the way you deliver and provide services to the San Antonio community. Providing outlets to healthy eating, physical activity and mental health resources has never been more important, and each of you and your organizations have risen to the occasion this year with compassion and professionalism that is truly admirable.

As your Public Health Director, I am deeply committed to cultivating partnerships across sectors that strengthen our ability to improve health, fitness, nutrition, and mental health within our community. I am also committed to focusing on populations most deeply affected by racial and ethnic disparities in health, socioeconomic standings, and livelihood now magnified by the COVID-19 pandemic. I am confident that the Mayor's Fitness Council will continue to be the vehicle for supportive collaboration and can be a leader in addressing health disparities experienced by historically marginalized groups.

I look forward to working hand in hand with each of you in the year ahead, and I sincerely thank you for supporting a strong council in 2021. You are all public health heroes, and I am proud to stand alongside you.

Yours in Health,



CITY OF SAN ANTONIO
METROPOLITAN HEALTH DISTRICT

Metro Health Leadership

Claude A. Jacob – Director of Health
Jennifer Herriott – Assistant Director of Health
Mario Martinez – Assistant Director of Health
Kathy Shields – Public Health Administrator

Metro Health Chronic Disease Staff

Denise Benoit-Moctezuma – Chronic Disease
Julius Hunter – Diabetes Prevention
Haley Amick – Community Nutrition
Len Trevino - COVID19 Community Response and Equity Coalition (CREC)
Anna Macnak – Healthy Neighborhoods Program
Andrea Bottiglieri – Mayor's Fitness Council
Cara Hausler – S.A. Kids Breathe Asthma Program

MESSAGE FROM THE CHAIR



Mandy Tyler
Chair

Greetings, Mayor's Fitness Council Members and Community Partners. I feel it is important to start our 2021 annual report by thanking each of you for your hard work, dedication, and support of our Mayor's Fitness Council and community. Our annual report shares the accomplishments of the Mayor's Fitness Council throughout 2021 and highlights the impact our council had throughout the San Antonio community. None of this work would have been possible without the steadfast commitment of our members and the amazing support of our community partners.



Liesien Benet
Vice Chair

I would like to share a special thank you to Eric Cooper for serving as the immediate past chair of the Mayor's Fitness Council. Eric's ongoing leadership and support of the council has been instrumental in helping shape our vision and continuing to move our group forward. In addition, I would like to thank Jean Cheever for her dedication and support of our Student Ambassador Program. Jean's commitment to this program has allowed for the student ambassadors to continue their work promoting health and wellness on school campuses throughout the city. Lastly, I would like to thank Mayor Ron Nirenberg and San Antonio Metro Health for their continued leadership and support of our council.

As we move into 2022, I welcome Liesien Benet into the role of the Mayor's Fitness Council Chair. Under Liesien's direction, the council will continue working towards our vision of "A San Antonio where residents have opportunities to move more, eat better, and stay connected."

In closing, thank you again to our council members and community partners for your ongoing commitment and support of our Mayor's Fitness Council – together we are making a difference!

Mandy Tyler

Mission: The mission of the Mayor's Fitness Council is to increase awareness and connect San Antonio residents to opportunities for improved emotional well-being, physical activity, and healthy eating.

Vision: The vision of the Mayor's Fitness Council is a San Antonio where residents have more opportunities to move more, eat better, and stay connected.

Mayor's Fitness Council Executive Committee:

Mandy Tyler, Chair, ESC Region 20 & Spurs Sports & Entertainment
Liesien Benet, Vice Chair, Active Network, LLC
Eric Cooper, Immediate Past Chair
San Antonio Food Bank
Abby Ammerman, H-E-B
Haley Amick, Metro Health
Dr. Bryan Bayles, Texas A&M-SA
Denise Benoit-Moctezuma, Metro Health
Andrea Bottiglieri, Metro Health
Katy Bowen, CHEF
Stacy Cantu-Pawlik, UTSA

Joseph Garcia, Longhorn Recycling
Brenda Gonzalez, STORM
Rocio Guenther, Mayor's Office
Mitch Hagney, Food Policy Council
Kim Moten-Bogan, San Antonio Sports
Rachel Naylor, TAPPERD
Dr. Luz Myriam-Neira, San Antonio Food Bank
Tori Parsons, CHEF
Bert Pickell, San Antonio Walks
Dr. Amelie Ramirez, UTHSCSA
Nikki Ramos, SA Parks & Recreation
Andy Rangel, Genisys Controls

Dr. Mrudula Rao, American Foundation for Suicide Prevention
Jackie Rivera, Humana
Kathy Shields, Metro Health
Jeff Skelton, Navigate Wellbeing Solutions
Marnie Staehly, Humana
Holly Stojanik, Dairy MAX
Mary Ullmann Japhet, Japhet Media
Dr. Annette Zaharoff, Active Living Council

EXECUTIVE COMMITTEE

& Stakeholder Advisory Board Members



Committee Chairs Who Completed Terms in 2021



Bert Pickell
Community
Committee Chair



Andy Rangel
SABGH Board President

2022 Executive Committee Members



Una Cuffy
SAWS



Jeanette Honermann
REI



Terri Mabrito
Alamo Area
Teen Suicide Prevention Coalition



Dr. Rosenfeld
UTHSCSA

2022 Stakeholder Advisory Board Members



Abby Ammerman
H-E-B



Rocio Guenther
Mayor's Office



Dr. Mrudula Rao
American Foundation for
Suicide Prevention



Jean Cheever
Healthy Community Advocate



Mary Ullmann Japhet
Japhet Media



Kathy Shields
Metro Health



Eric Cooper
San Antonio
Food Bank



Marise McDermott
Witte Museum



Jeff Skelton
Navigate Wellbeing Solutions



Phil Cullen
Spurs Sports &
Entertainment



Dr. Amelie Ramirez
University of Texas Health
Science Center San Antonio



Suzanne Feldmann
CHEF - Culinary Health
Education for Families



Sandy Morander
YMCA of Greater
San Antonio

MFC AWARDS & RECOGNITION



2021 Spirit of Service Award



Mary Ullmann Japhet

MFC Lifetime Achievement Award



Dr. Peter Wald

MFC Community Bridge Builder Award



Jean Cheever

City Council Healthy Trailblazer Award



**Councilwoman
Anna Sandoval**
District 7



**Councilman
Manny Pelaez**
District 8

2021 Community Impact Awards:

- San Antonio Metropolitan Health District: COVID-19 Community Response and Equity Coalition (CREC) & Healthy Neighborhoods Program
- YMCA of Greater San Antonio
- San Antonio Parks & Recreation
- It's Time Texas
- San Antonio Sports
- Humana, KLRN, Dr. Mrudula Rao, and Valerie Moczygemba

Mayor's Fitness Council Student Ambassador 2021 Senior Scholarships

- America Aguirre, IDEA Monterrey Park High School, Charter - **\$500.00**
- Clarisa Diaz, Southwest High School, Southwest ISD - **\$500.00**
- Stephanie Florez, Brandeis High School, Northside ISD - **\$500.00**
- Alex Sanchez, Central Catholic High School, Archdiocese of San Antonio - **\$500.00**
- Andres Vilanova, St. Anthony High School, Archdiocese of San Antonio - **\$500.00**

MFC 2021 Healthy Champions

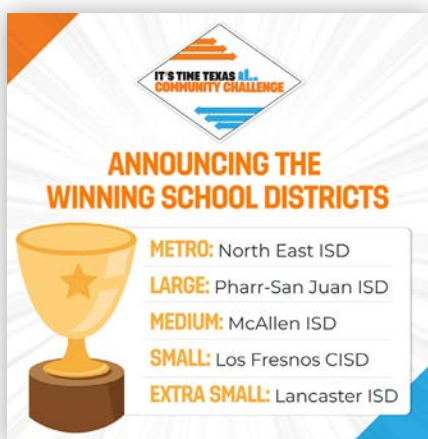
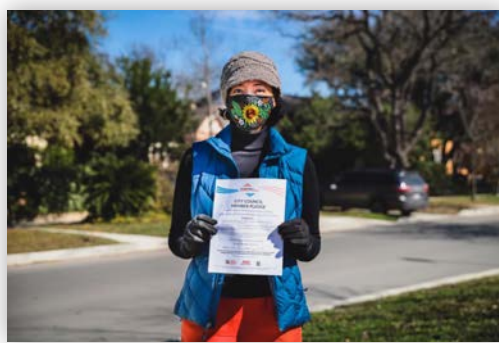
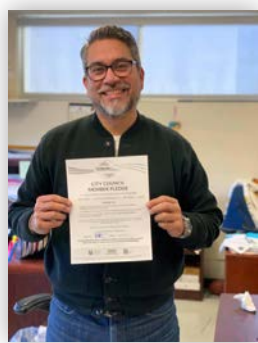
- San Antonio Metropolitan Health District
- It's Time Texas
- YMCA of Greater San Antonio
- Witte Museum
- CHEF – Culinary Health Education for Families
- San Antonio Food Bank
- San Antonio Parks & Recreation



It's Time Texas 2021 Metro City State Champions

The Mayor's Fitness Council worked to promote the It's Time Texas Community Challenge, which is a statewide competition. San Antonio competed in the Metropolitan City Division where Mayor Nirenberg and City Council Representatives stepped up along with the community to help earn points. In 2021, the Alamo City took home our sixth championship trophy, state title and recognition for being one of the healthiest metropolitan cities across the great state of Texas!

In addition to San Antonio emerging victorious as a state champion, North East Independent School District won in the Metro School District Division, beating out all large school districts in the state of Texas for the championship title! Thanks to It's Time Texas for hosting this friendly and healthy competition each year.



COMMUNITY COMMITTEE



Bert Pickell
Chair



Brenda Gonzalez
Vice Chair

Through extensive partnerships and aggressive teamwork with public, private, and non-profit leaders, the Community Committee continued to promote wellness in programs and community activities that motivate people to live a healthy lifestyle. Partners came together to share, help initiate, motivate, and encourage communities to seek physical activity, engage in mindfulness opportunities, and adopt good nutritious habits. COVID-19 challenges continued however many partners overcame the limitations and have far exceeded previous campaigns. Wellness is alive and well through partner outreach & engagement!

The Community Committee is comprised of wellness specialists, formal organizational representatives, and volunteer advocates throughout San Antonio. They meet on the second Thursday of the month, but were limited to virtual connections due to the pandemic and size of the attendance which continues to grow regardless of COVID-19.

Beginning in January, the committee pursued goals for the team: educate partners and communities, develop a resource support review, and leverage

partnerships in meetings and at events. All goals were met and continue to be sustaining actions that fit the MFC's vision and mission statements. Monthly meetings focused on community outreach and community engagement.

Through detailed meeting minutes, an expanding Partner Directory, and emphasizing the unique MFC Endorsement process, many attendees have become core partners, actively interacting at the meetings and working to help others outside of the monthly session. Realizing the need for resources to sponsor programs and to showcase MFC team activities, committee initiated a Resource Support Task Force that has laid the foundation for asking the public to participate by offering funding, in-kind supplies, and partner network access. With a focus on reaching new and viable partner activists, the committee crossed many diverse community boundaries, specifically in 16 different wellness categories. The committee has truly become an open forum of active partners wanting to share, offer assistance, and build for tomorrow.



COMMUNICATIONS COMMITTEE



Joseph Garcia
Chair

Communications Committee

Angi Aramburu
Cara Bailey
Liesien Benet
Katy Bowen
Jean Cheever
Dr. Melinda Fierros
Joseph Garcia
Dianne Glover
Andrew Gonzalez
Rita Hernandez
Francisco Navarro
Bill Neely
Bonny Osterhage
Bert Pickell
Teresa Saucedo
Mandy Tyler
Mary Ullmann Japhet



Mission: The mission of the Communications Committee is to increase the awareness of the Mayor's Fitness Council and connect the San Antonio community to the FitCitySA.com website and the opportunities, resources, and programs through this online portal for improved emotional well-being, physical activity, and healthy eating.

The purpose of the Communications Committee is to support and promote the projects and objectives of the entire Council and its committees through public relations, advertising, community outreach, and marketing efforts. A key objective is to develop the brand of the Mayor's Fitness Council and FitCitySA. We work to develop a structure for sponsorship opportunities, an editorial content calendar, video content, continuous refining and updating of the FitCitySA.com website, and strategic social media outreach on the FitCitySA.com platforms.

In 2021 the Communications Committee continued our work with Metro Health's COVID-19 Community Response and Equity Coalition (CREC) for COVID outreach. The Communications Committee assisted SABGH – San Antonio Business Group on Health to create a membership video, and actively promoted the 2021 It's Time Texas Statewide Community Challenge helping to lead San Antonio to win the overall Metropolitan City Division category across the state of Texas.

FITCITYSA

FitCitySA.com is the main community portal for health and fitness in San Antonio and is powered by the Mayor's Fitness Council.





Abby Ammerman President

Mission: *The San Antonio Business Group on Health (SABGH) aims to improve the health of our workforces by providing the business community with opportunities to network, discuss best practices, promote worksite wellness initiatives, and recognize local employers for their efforts to improve employee wellbeing. Our mission continues to focus on working with employers and the community to promote a healthier San Antonio.*

The San Antonio Business Group on Health connected members to industry education by hosting two virtual education forums in 2021. Our membership was also invited to attend the Texas Business Group on Health Annual meeting in September. This year we welcomed six new members to the SABGH Board of Directors. We have been actively trying to expand our membership and recently completed a membership video to post on our website. Our recruiting efforts brought 23 new members over the course of 2021. Lastly, the Healthy Workplace Awards program was modified to account for the challenges local businesses faced during the COVID-19 Pandemic. We are excited to announce that 19 San Antonio based companies submitted an application and were recognized for their COVID response and health and wellness efforts in 2020.

SABGH Board of Directors

Abby Ammerman
Buck Brockman
Christa Cooper
Diane Garcia
Nicole Hall
Jennifer Kester
Andy Rangel
Teresa Saucedo
Marisa Scheffler
Jennifer Stevenson

Advisory Members

Haley Amick
Una Cuffy
Roxanne Leal
Julie Tatum
Lauren Trapani
Dr. Katherine Velasquez
Dr. Peter Wald
David Whitt



BECOME AN SABGH MEMBER TODAY!

VISIT THE SABGH PAGE ON [FITCITYSA.COM](https://www.fitcitysa.com)
AND SIGN UP FOR A FREE MEMBERSHIP.
PLEASE EMAIL INFO.SABGH@GMAIL.COM
FOR MORE INFORMATION



2020 Healthy Workplace Award Recipients

The Healthy Workplace Recognition Program is an initiative of the San Antonio Business Group on Health and the Mayor's Fitness Council. The program recognizes local employers for their worksite wellness efforts. The global pandemic impacted employers and individuals in a multitude of ways to include navigating change quickly.

In lieu of awarding the traditional Bronze, Silver, Gold and Platinum award levels, the SABGH Board voted to award all applicants with Honorable Mention status due to COVID-19 proving very challenging to keep to pre-COVID standards with so many organizations having to pivot staff to remote work in many cases from home residences and in unique settings.

The SABGH would like to highlight the excelled efforts through such a challenging year. Employers recognized will be highlighted in the SABGH newsletter, FitCitySA website, quarterly forums, and social media platforms. The following companies and organizations submitted an application for the 2020 Healthy Workplace Awards and have been awarded Honorable Mention status.



2020 Honorable Mention

Alamo Colleges District
Bexar County
CHRISTUS Health
City of San Antonio
Embrey
Generations FCU
H-E-B, LP
Randolph Brooks FCU
Rodriguez Holland and Co., P.C.
San Antonio Food Bank

San Antonio Water System
Schertz, Cibolo, Universal City ISD
Security Service FCU
Silver Ventures, Inc – Pearl Brewery
SWBC
Texas Department of State Health Services
Valero Energy Corporation
VIA Metropolitan Transit
YMCA of Greater San Antonio

HEALTHY SCHOOLS COMMITTEE



Rachel Naylor
Co-Chair



Holly Stojanik
Co-Chair

Mission: *The mission of the Healthy Schools Committee is to improve nutrition and physical activity through school-based programs and through the promotion and support of the MFC Student Ambassador Program.*

The Healthy Schools Committee membership is comprised of 58 individuals; 24 of those members represent school districts and 34 members represent community organizations dedicated to healthy children. Every school district in Bexar County is represented on the committee as well as private and charter schools.

In 2021, the committee heard a variety of school and community-based presentations such as an informative legislative update affecting district-required School Health Advisory Councils and learning more about the National PE Standards from Dr. Langston Clark. The committee participated in valuable presentations from the Texas Suicide Prevention Collaborative, Project YES through UT Teen, the Mayor's Youth Engagement Council for Climate Initiatives, KLRN-PBS's Healthy Kids Project, and the American Heart Association's Youth engagement plan.

The Healthy Schools Committee worked hard in 2021 by supporting a mental health related collaborative between Humana, KLRN-PBS, Dr. Mrudula Rao, and Dr. Valerie Moczygemba called Fit from the Neck Up: Mental Health Resource Guide for Schools. The committee also assisted in promoting the It's Time Texas Community Challenge within Bexar County school districts. The committee is proud of North East ISD who is a repeat winner of the metro school district category throughout the state of Texas.

Healthy Schools Committee

Dr. Frank Alfaro	Terri Mabrito
Patricia Alvarez	Kate Martin
Dorothea "Dolly" Armstrong	Dyanne Martinez-Munoz
Jenny Arrendondo	Sarah Mendiola
Schelli Avant	Cynthia Moczygemba
Samantha Beard	Rachel Naylor
Katy Bowen	Angel Ortega
Denver Brown	Dr. Sharvari Parghi
Adela Castillo	Tori Parsons
Dr. Langston Clark	Bert Pickell
Nicole Cleveland	Isabel Ramos-Lebron
Alfredo Concha	Debra Rice
Beveylon Concha	Brenda Rodrigues
Nicole Davis	Roger Rodriguez
Randy Escamilla	Caroline Roffidal-Blanco
Dr. Ella Nila Escaname	Monica Ruiz-Morin
Ronald Flores	Raul Salazar
Nadia Gaona	Rachel Salinas
Alyssa Garza	Rich Scott
Laura Garza	Holly Stojanik
Sharon Glosson	Amelia "Ami"
Angie Gutierrez	Teodosio
David Halbert	Olivia Torres
Cara Hausler	Sarah Tovar
Daliene Hendon	Elizabeth Trevino-Narezo
Sandra Hernandez	Mandy Tyler
Keith Higginbotham	Veronica Villarreal
Dr. Rebecca Jones	Ariane Williams
Pam Kniffin	
Rodney La Pointe	
Yen Le	
Danielle Leon	



Student Ambassador Program

The mission of the Mayor's Fitness Council Student Ambassador Program is to improve the health of San Antonio. The purpose of the Student Ambassador Program is to provide students with the opportunity to represent the Mayor's Fitness Council by promoting and encouraging healthy living at their school campus, at home, and in their surrounding communities.

In the 2020 - 2021 academic year, the student ambassador program worked with 52 student ambassadors and 30 student mentors. All trainings and check-in meetings were held virtually. Students worked on healthy service projects that they felt passionate about, and as school campuses were beginning to open their doors, the student ambassadors were ready to get to work.

Program Coordinator, Andrea Bottiglieri and Program Facilitator Isabel Ramos-Lebron worked alongside Tori Parsons, MFC/CHEF Junior

Ambassador Coordinator to ensure that all student ambassadors, campus mentors, and their school campuses were supported despite some students still participating in distance learning.

The student mentor team worked step-by-step with student ambassadors ensuring the students felt that their ideas for service projects were heard. The student mentors supported student ambassadors by joining all trainings virtually and hosting check-in meetings. The MFC/CHEF Junior Ambassadors had ten school campuses participating and implementing the CHEF Bites curriculum. The Student Ambassador program also worked alongside Metro Health's Healthy Neighborhoods Program to ensure that students from areas most in need in San Antonio had an opportunity to participate and be change makers.



JOIN A COMMITTEE



Interested in becoming a member of the Mayor's Fitness Council? Join us in helping San Antonio become a healthier and more active city! Here's how to get involved:

Communications Committee:

The MFC Communications Committee works to promote the FitCitySA brand. If you love the idea of a healthier, more active San Antonio and are passionate about marketing, design, and event planning – the Communications Committee is looking for you! Contact Mayor's Fitness Council Coordinator, Andrea Bottiglieri at Andrea.Bottiglieri@sanantonio.gov for a committee application form.

Community Committee:

The MFC Community Committee is the hub for health and wellness community collaboration. No committee membership is required to attend monthly Community Committee meetings. Contact Mayor's Fitness Council Coordinator, Andrea Bottiglieri at Andrea.Bottiglieri@sanantonio.gov for more information.

SABGH - San Antonio Business Group on Health

San Antonio Business Group on Health (SABGH) is a membership-based organization of local employers and providers of worksite wellness programs and services. SABGH aims to improve the health of the San Antonio Workforce by providing the business community with opportunities to network, discuss best practices, promote worksite wellness initiatives, and recognize local employers for their efforts to improve employee health and wellness. For more information email info.sabgh@gmail.com.

Healthy Schools Committee

The MFC Healthy Schools Committee seeks to have representation across all 15 Bexar County ISD's, private and charter schools as well as relevant community partnerships that are aligned with the MFC Healthy Schools Committee work plan. Contact Mayor's Fitness Council Coordinator, Andrea Bottiglieri at Andrea.Bottiglieri@sanantonio.gov for a committee application form.

Volunteer Corps

The Mayor's Fitness Council is always in need of passionate, healthy advocates to attend functions and events throughout the city. Some easy ways to volunteer with the MFC are through Siclovía, Student Ambassador events, community events, and SABGH events. Contact Mayor's Fitness Council Coordinator, Andrea Bottiglieri at Andrea.Bottiglieri@sanantonio.gov for more information.





WWW.FITCITYSA.COM



Mayor's
Fitness Council



@FITCITYSA



@FITCITYSA



@FITCITYSA