

# PHYSICAL FITNESS & HEALTHY EATING

## District 10 Guide



CITY OF SAN ANTONIO  
METROPOLITAN HEALTH DISTRICT



### Por Vida

Metro Health's iPor Vida! Program recognizes local restaurants for creating healthy environments through good nutrition, sanitation, sustainability, and community development. Get the full flavor and convenience of dining without sacrificing good nutrition and health. When you choose "iPor Vida!", you make a better choice "For Life!"

[porvidasa.com](http://porvidasa.com)

(210) 207-2722

### Healthy Corner Stores

The Healthy Corner Stores program works with locally owned corner stores to sell fresh fruit and vegetables in neighborhoods across San Antonio with limited access to produce. As a result, community members have increased access to affordable and healthy produce in their neighborhoods. As of 2022, there are 33 Member Stores in the Healthy Corner Stores program.

[www.sanantonio.gov/HealthyCornerStores](http://www.sanantonio.gov/HealthyCornerStores)

(210) 207-8645

### Diabetes Prevention & Control

Diabetes has become more of an issue in San Antonio & Bexar County. We offer services free to the community to help prevent and control diabetes, helping you to live a longer healthier life.

[diabeteshelpsa.com](http://diabeteshelpsa.com)

(210) 207-8802

### WIC

WIC is the non-emergency Special Supplemental Nutrition Program for Women, Infants, and Children. If you qualify for WIC, you can receive food benefits (redeemable at grocery stores for certain nutritious foods), nutrition education and counseling, breastfeeding support and health care referrals at no cost. WIC services are available to pregnant, postpartum, and breastfeeding women, infants and children younger than 5 years old.

[sanantonio.gov/health/healthservices/wic](http://sanantonio.gov/health/healthservices/wic) (210) 207-4650

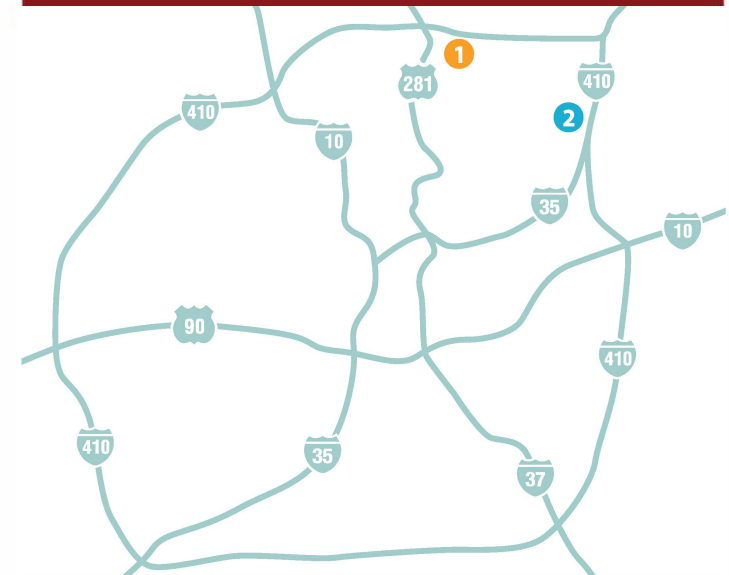
### Parks & Recreation

The San Antonio Parks and Recreation Department provides fun, safe, attractive, and affordable recreational opportunities & community spaces within a 10-minute walk that represent the diversity and desires of our neighborhoods. By connecting people, nature, recreation, and resources, we will inspire & nourish the well-being of all.

[sanantonio.gov/parksandrec/home](http://sanantonio.gov/parksandrec/home)

(210) 207-7275

## San Antonio District 10



### POR VIDA RESTAURANTS

1. Beto's Alt-Mex, 8142 Broadway, San Antonio TX 78209

### WIC CLINICS

2. Rittiman, 4343 Rittiman, San Antonio TX 78218



### FREE FITNESS IN THE PARK CLASSES

- **SPEAR Training at McAllister Park**  
Saturdays at 9:00 am
- **Circuit Training at McAllister Park**  
Saturdays at 10:00 am
- **Pickleball at Hamilton Community Center**  
Saturdays at 9:30 am