

Fit Business

TIPS OF THE MONTH



May 2008

May is National Physical Fitness and Sports Month. This is a great time to get out into the fresh air and be active! As the days start to warm up, the weather gets better for outdoor physical activity! Visit www.fitness.gov for more information on National Physical Fitness and Sports Month.

Quick and Simple Tips

Be Consistent!

Make physical activity part of your daily routine to get the most benefits and to better your health. Did you know that every mile that an inactive person walks adds about 21 minutes to his or her life and lowers health care costs by 34 cents? (California Journal of Public Health) So the real question is, what are you waiting for?

Don't Wait Until You Go Home to Be Active.

Most of us spend at least 40 hours a week at work. So it is important to remember to be physically active during your work day. This doesn't mean you have to run a mile at lunch. But you can do little things during your work day to keep active. Find a physical activity partner like a coworker to keep you on track or stretch at your desk. Take the stairs instead of the elevator. Park your car far away from your building. Plan daily physical activity goals on your calendar so that you have it set for each day. When possible, plan walking meetings to get in those extra steps!



Champion Worksite

Lily Prado, Human Resource Associate at South Bay Community Services in Chula Vista, has implemented a great *Worksite Program*. She got half of her company to take part in the fruit and vegetable *Take Action!* program. As a reward, she and HR Director Ismena Valdez made pancakes with fruit. This recipe was from the *Network's Everyday Healthy Meals* cookbook. At this breakfast, Team Captain Tim Gonzales and his team *Tim's Tremendous Trolley Trestle Ten Dollar Tomato Team* were named the winning team. They met 102 percent of their fruit and vegetable goal to win first place. *The Transformers*, led by Christine Petrella, were a close second. This team met 98 percent of their goal. An even larger crowd took part in the physical activity *Take Action!* program. Tim's team wore *Network for a Healthy California* team t-shirts at the Kick Off event. They designed these special shirts themselves. Lily and her team captains have worked hard to create an inspiring wellness program and healthy culture at South Bay Community Services. Congratulations South Bay Community Services for being a Champion for Change Worksite!

Do you have a success story you would like to share? We want to hear from you. Please send your story (250 words or less) to Jacqueline.Cheung@cdph.ca.gov and you may be featured in an upcoming Fit Business Tips of the Month!

Strawberries



Health and Nutrition Go Hand-in-Hand

Eating a variety of colorful fruits and vegetables and getting daily physical activity will help your family stay healthy and prevent serious health problems like obesity, type 2 diabetes, heart disease, and certain types of cancer.

Eight large strawberries are equal to about one cup of fruit. One cup of strawberries is an excellent source of vitamin C, which helps your body heal from cuts and wounds and lowers your risk of infection. One cup of strawberries is also a good source of fiber, which helps keep your heart healthy, keep you regular, and make you feel full so you eat less.

Healthy Serving Ideas



Sauté sliced strawberries with a small amount of orange juice or unsweetened applesauce to make a great topping for your pancakes.



Blend strawberries, orange juice, and lowfat yogurt for a refreshing smoothie.



Toss strawberry halves with melon, pineapple, and mango chunks and sprinkle with lime juice and chili powder for a Mexican fruit salad.*

Shopper's Tips

- Look for plump berries with a natural shine, rich red color, bright green caps, and a sweet smell.
- Store strawberries in the refrigerator for up to three days.
- Do not wash strawberries until you are ready to eat them.

Let's Get Physical!

May is Bike Month. Learn how to add bicycling to your travel plans by riding to the store for small purchases, riding to work, or taking a ride with your family on the weekends.

How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day.

Eat a variety of colorful fruits and vegetables with meals and snacks throughout the day to reach your total daily needs.

For more recipes and tips, visit:
www.cachampionsforchange.net
www.calstrawberry.com

Recommended Daily Amount of Fruits and Vegetables

	Kids Ages 5-12	Teens and Adults Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

Asparagus

Health and Nutrition Go Hand-in-Hand

Eating a variety of colorful fruits and vegetables and getting daily physical activity will help your family stay healthy and prevent serious health problems like obesity, type 2 diabetes, heart disease, and certain types of cancer.



Six medium- to large-sized asparagus spears are equal to about one cup of vegetables. One cup of asparagus is an excellent source of vitamin A and vitamin K. Vitamin A helps keep your skin and eyesight healthy. Vitamin K helps your body stop cuts and scrapes from bleeding.

Healthy Serving Ideas



Boil asparagus in a small amount of boiling water until tender.



Roast chopped asparagus, mushrooms, eggplant, carrots, and zucchini with one cup of chicken broth at 350°F for 30 minutes.



Stir fry chopped asparagus, sliced bell pepper, sliced onions, and strips of chicken for a quick meal.*

Shopper's Tips

- Look for firm, bright green stalks with tightly closed tips.
- Wrap the bottoms of the asparagus stalks in a damp paper towel and place in a plastic bag. Store asparagus in the refrigerator for up to three days.
- Make sure asparagus tips stay dry during storage.

Let's Get Physical!

Team sports are a great way to socialize and stay active at the same time. Check out your local community center for a sports team or start one at work or your place of worship.

How Much Do I Need?

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Eat a variety of colorful fruits and vegetables with meals and snacks throughout the day to reach your total daily needs.

For more recipes and tips, visit:
www.cachampionsforchange.net
www.calasparagus.com

Recommended Daily Amount of Fruits and Vegetables

	Kids Ages 5-12	Teens and Adults Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

* Photography courtesy of California Asparagus Commission.