

Fit Business

TIPS OF THE MONTH



August 2008

Enjoying fresh, juicy fruits and crisp, fresh vegetables is a great way to promote your health and fuel your body during the hot days of summer. Nothing says summer like watermelon and green beans, August's fruit and vegetable of the month!

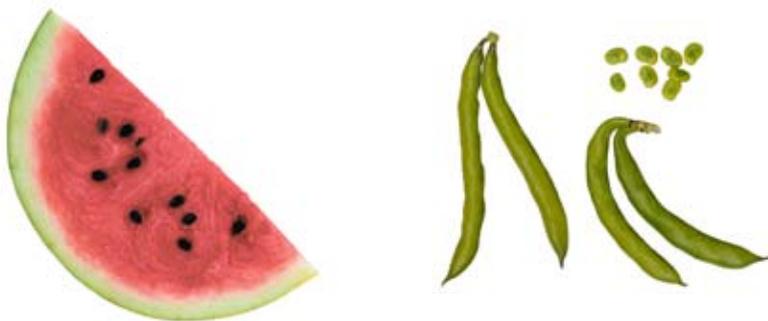
Quick and Simple Tips

Be Physically Active at Lunch Time!

As you juggle your work life and your personal life, it is often hard to find time to be physically active. Lunch time is the perfect time to take a physical activity break. It can be as simple as taking a walk with your co-worker, stretching, or taking a yoga class. Even if you spend just 20 minutes a day walking, you can improve your health and still have time to grab a bite to eat.

Drink Plenty of Water!

Skip the soda or coffee and drink water instead! You can bring bottled water or throw in some ice cubes to make it cold. If you don't like the taste of water, try this alternative. Freeze some orange juice, grapefruit juice, or any kind of juice you like in an ice cube tray. Add the juice cubes to some plain water to enhance the taste. You can also puree any juicy fruit such as watermelon or mango and mix the strained juice with water and lime juice for a refreshing treat!



Champion Worksite

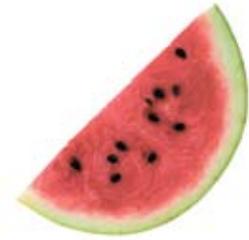
How would you like to take a walk from Poland to Italy? Would you like to sample some regional fruits and vegetables on the way? Luce Filiatrault and Yoliviviana Sanchez decided to bring this adventure to their fellow employees at the Imperial County Health Department! As a part of the *Take Action!* Physical Activity Challenge and Fruit and Vegetable Challenge, the Imperial County Health Department has made an employee challenge to "walk" from Poland to Italy! The employees are split into teams. They use fun names like "Energizer Mommy" and "Red Hot Walking Pepper." Each team keeps track of their physical activity points. The team with the most physical activity points at the end of the week can move forward on the map of Europe. The first one to Rome wins! Teams can also win the Fruit and Vegetable Challenge by having the greatest amount of fruit and vegetable points. They have two ways to win as they walk and eat their way through Europe. Employees meet weekly to learn about local fruits and vegetables in the country they are in. They are encouraged to try the fruits and vegetables in their meals. During the Kick Off event, employees were able to sample cabbage rolls made by a Polish coworker. Trying new fruits and vegetables and learning about new dishes are all part of the fun!

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!

Watermelon

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 chronic diseases such as obesity, type 2 diabetes, heart disease, and certain types of cancer.



One cup of watermelon chunks is a good source of vitamin C, which helps your body heal cuts and wounds and maintain healthy gums. A cup of watermelon is also an excellent source of vitamin A, which helps maintain healthy skin and eyesight.

Healthy Serving Ideas



Mix equal parts of watermelon and water in a blender with a splash of lime juice for a refreshing drink.



Try chopped watermelon instead of tomato in your favorite salsa recipe for a sweet and spicy snack.



Freeze puréed seedless watermelon in ice cube molds and add to sparkling water or orange juice.*

Shopper's Tips

- Select watermelons that feel heavy for their size, have a sweet smell, and have a yellow underside where they touched the ground.
- Whole watermelons can be stored at room temperature for up to two weeks.
- Store ripe or cut melons in the refrigerator for up to three days.
- Rinse the outside of the watermelon thoroughly before slicing.

Let's Get Physical!

Beat the heat by moving your workout to the morning while it is still cool outside. A relaxing walk or bike ride is a great way to start your day.

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.watermelon.org

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.

Green Beans

Health and Nutrition Go Hand-in-Hand

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



One cup of green beans is an excellent source of vitamin C and vitamin K. Vitamin C helps your body heal from cuts and wounds and may lower your risk of infection. Vitamin K helps your body stop cuts and scrapes from bleeding. One cup of green beans is also a good source of vitamin A, which helps keep your skin and eyesight healthy.

Healthy Serving Ideas



Sauté green beans with bell peppers, tomatoes, celery, and a pinch of cayenne pepper for a spicy side dish.



Serve steamed green beans and chopped cactus leaves with chicken mole.



Sauté boiled green beans with a small amount of oil and a handful of sliced almonds.

Shopper's Tips

- Green beans should look fresh with a bright green color.
- Make sure the beans are plump and firm, with a velvety feel and no signs of decay.
- Place green beans in a plastic bag with small holes and store in the refrigerator for up to five days.
- Wash green beans, and then snap off both ends before cooking.

Let's Get Physical!

Stay active by playing with your children. Play hide and seek in the house or jump rope in the yard. You can even take them to a local park to kick a soccer ball or play tag. Teach your children how fun physical activity can be.

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