

Fit Business

TIPS OF THE MONTH



March 2009

March is a great time to focus on your health and grab your friends and family to enjoy the great outdoors. This month's fruit and vegetable of the month, strawberries and carrots, are great choices to make a part of your diet this spring.

Quick and Simple Tips

Enjoy the Spring Outdoors!

What better way to step into spring, than to become more physically active outdoors. After being cooped up all winter, it will do you good to get out of the office. You can take a walk at your lunch break to enjoy the fresh air or simply do some stretching exercises in the park. Either way, increasing your physical activity will promote better health and increase your sense of well-being. You may also lower your risk of serious health problems.

Apply for a California Fit Business Award

Does your company have a worksite wellness program that goes the extra mile to encourage a healthy lifestyle? Is fruit and vegetable consumption and physical activity encouraged? We want to recognize the efforts of your workplace. The California Taskforce on Youth and Workplace Wellness is now accepting applications for the 2009 California Fit Business Awards. For more information please go to www.wellnesstaskforce.org.

Promote Healthy Eating and Active Living in Your Worksite

Do you and your coworkers enjoy the Fit Business Tips of the Month? If so, your worksite may also enjoy other educational materials from the *Network for a Healthy California (Network)*. The *Network* has a variety of nutrition education and support materials available to order at the cost of production plus shipping/handling and tax. You can order these great materials to support eating fruits and vegetables and physical activity in your worksite! Available items include brochures, cookbooks, recipe cards, and much more! Go to www.championsforchangematerials.net and place your order today!



Champion Worksite

The *Gold Country Region Worksite Program* recently co-hosted a *Take Action!* Kick-off event and Health Fair at Wal-Mart in Dixon, California. *The Children's Power Play! Campaign*, *Latino Campaign*, and *African American Campaign*, as well as the Community Health Centers of Dixon, participated in the health fair. Employees received a pedometer as they registered to participate in the *Take Action!* Physical Activity Challenge. The pedometer was a motivational incentive to encourage them to be more physically active. Once registered, the employees could visit the health fair booths of the different *Network for a Healthy California* campaigns. The employees got to sample smoothies blended with a smoothie bike. The employees watched and cheered each other on as they took turns riding the smoothie bike. The wellness program coordinator was the first one to get on the smoothie bike and really motivate the Wal-Mart crew. The highlight of the day was when the store manager and assistant store manager came to register for the *Take Action!* Physical Activity Challenge. The employees of Wal-Mart in Dixon are making healthy choices that will positively impact their lives and will hopefully spread to their families, the surrounding community, and other Wal-Mart stores. Congratulations to Wal-Mart of Dixon for being a Champion Worksite!

Are you a worksite using the *California Fit Business Kit*? If you have a success story to share, we want to hear from you. Please send a story about your success (200 words or less) to Jacqueline.Cheung@cdph.ca.gov, and you may be featured in an upcoming Fit Business Tips of the Month!

The *Network for a Healthy California—Worksite Program* would like to thank Capital Athletic Club, Dragonfly, Buckhorn Grill, Healthy Habits, Rubicon Brewing Company, La Bou, and Sacramento Natural Foods Co-op for donating gift certificates. We thank you for being Champions for Change by encouraging Californians to eat fruits and vegetables and be physically active every day.

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 may 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



Microwave 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!

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

* Photography courtesy of the California Strawberry Commission.

Carrots

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.

Two medium carrots or eight baby carrots are equal to about one cup of vegetables. One cup of carrots 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. One cup of carrots is also a good source of fiber, which helps to keep your heart healthy, keep you regular, and make you feel full so you eat less.



Healthy Serving Ideas



Snack on carrot sticks dipped in a light dressing.



Add shredded carrots to coleslaw for extra crunch, color, and flavor.



Boil carrots with potatoes for a sweet twist on the traditional mashed potatoes.

Shopper's Tips

- Look for smooth, firm, and well-shaped carrots with an even color.
- Store carrots in a plastic bag and refrigerate for up to two weeks.
- If you buy carrots with the green tops, break off the tops before refrigerating. Chopped carrot tops can be added to soups for extra flavor.

Let's Get Physical!

Gardening is a great way to stay active and grow some of your favorite healthy foods. Planting seeds, weeding, watering, and picking the fruits of your efforts is a great way to add a little physical activity to your day. If you don't have a lot of space, you can still get active by joining a community garden or starting a container garden.

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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.