

# Fit Business

## TIPS OF THE MONTH



May 2009

May is National Physical Fitness and Sports Month. This is a great time to get outside with your family and friends and be active. Our featured produce of the month, dried fruit and spinach, are excellent choices to make a part of your diet this spring.

## Quick and Simple Tips

### Ride a Bike

Riding a bike is a fun way to enjoy the outdoors and be active. You will also reduce pollution and save on travel, gas, and car maintenance costs. Try riding your bike to work or to the store. Set up a time to bike ride with a loved one each week and work on increasing your stamina. Always be sure to use a helmet and to obey traffic signals.

### Use a Pedometer

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). A pedometer is a fun and safe device that measures the distance that you walk. It can be worn at home, on the way to work, in the office, or anywhere you walk. Try using pedometers and holding a fun contest with your family or friends to see who can walk the most.

### 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](http://www.championsforchangematerials.net) and place your order today!



## Champion Worksite

Bentley Prince Street (BPS), a carpet manufacturing company, is a healthy worksite. Bentley Prince Street has partnered with the *Network for a Healthy California—Los Angeles Region Worksite Program*. Employees have completed both the *Take Action! Fruit and Vegetable Challenge* and the *Take Action! Physical Activity Challenge*. Working closely with Catherine Rudat and her wellness team at BPS, the *Network* team from Los Angeles recently helped BPS wrap up its 10-week *Take Action! Program* on April 9, 2009. Throughout the course of the campaign, *Regional Network* staff took part in providing an excellent series of three nutrition education sessions and two cooking demonstrations. Each of these education sessions was in English and Spanish to cater to the needs of the mostly Spanish-speaking workforce. BPS has also formed a Walking Club with employees from their City of Industry facility. Upper management at BPS deserves to be recognized for the success of this campaign. They have truly recognized the importance of providing wellness programs for their employees. Their commitment to employee wellness is evident through this partnership and through the creation of an onsite employee fitness center. Congratulations to Bentley Prince Street 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](mailto:Jacqueline.Cheung@cdph.ca.gov) and you may be featured in an upcoming issue of 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.

# Dried Fruits

## 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.

Dried fruit has many of the nutrients that are found in fresh varieties. Fruits like plums, dates, apples, or bananas are dried by machines, while figs partially dry on the tree and raisins dry on the vine.



## Healthy Serving Ideas



Mix your favorite dried fruit with whole grain cereal for an on-the-go snack.



Add raisins to chicken salad for a sweet twist on an old favorite.



Add dried fruit to your morning cereal for a naturally sweet start to your day.

## Shopper's Tips

- Buy dried fruits without added sugar.
- Store dried fruits in an airtight container to keep fresh.
- Store in a cool, dry place like a cupboard or refrigerator.

## Let's Get Physical!

Get your family moving during T.V. commercials! Spend that time marching in place, doing stomach crunches, or walking around the house.

## 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](http://www.cachampionsforchange.net)

# Spinach

## 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 spinach 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 spinach is also a good source of folate, which helps lower a woman's risk of having a child with certain birth defects.

## Healthy Serving Ideas



Toss spinach with pears, raisins, and a light dressing for a great salad.



Add chopped spinach to a hearty stew.



Sauté chopped mushrooms, onions, and garlic until soft. Add chopped spinach to the pan and sauté for 10 minutes. Spread the mixture on a square of pizza dough and sprinkle with mozzarella cheese. Roll it up and bake at 350°F for 40 minutes. Dip slices in a marinara sauce.

## Shopper's Tips

- Choose spinach leaves that are green and crisp.
- Store the leaves loosely in an open plastic bag in the refrigerator for up to four days.
- Rinse spinach leaves in cool water and pat dry just before using.

## Let's Get Physical!

It's spring cleaning time! Turn on your favorite music and get a workout while you clean your house.

## How Much Do I Need?

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## Recommended Daily Amount of Fruits and Vegetables

	<b>Kids, Ages 5-12</b>	<b>Teens and Adults, Ages 13 and up</b>
<b>Males</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Females</b>	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](http://www.mypyramid.gov) to learn more.