

# Fit Business

## TIPS OF THE MONTH



June 2009

June is National Fruits and Vegetables Month. This is a great time to get outside with your family and friends and enjoy the best of the summer's bounty. Our featured produce of the month, peaches, nectarines, and salad greens are perfect to enjoy as the days begin to sizzle.

## Quick and Simple Tips

### Be Sun Safe

It is important to be careful of the sun during the warm days of summer. Make sure to wear sunscreen, sunglasses with UV protection, and a hat. Always reapply sunscreen often if you are outdoors. Your lips can get burned as well so don't forget to use a lip balm with SPF. Drink plenty of water so that your body can replenish its fluids.

### Work Fruits and Veggies Into Your Meal

You can always work fruits and vegetables into your meal whether you are firing up the barbecue or eating in your office. A peach or a nectarine makes a sweet snack on the go. Salad greens with a little dressing and some tomatoes, zucchini, mandarin oranges, or dried cranberries makes a great addition to your lunch. You can also try experimenting and incorporating vegetables into kabobs on the grill or making a fruity salsa to eat with lowfat chips.

### 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

Goodwill of Orange County cares about the health of their employees. Goodwill of Orange County reviewed business needs and employee interests, and decided to implement a wellness program. The *Network for a Healthy California—Orange County Region Worksite Program* Coordinator was able to work with the management team to create a program to meet the needs of this diverse workforce. Goodwill of Orange County has thrift stores, business solutions, and health and human service programs focused on its mission of providing people with disabilities and other barriers the opportunity to achieve their highest levels of personal and economic independence.

The 10-week *Take Action!* program was implemented at the Santa Ana facility. Kick-off events were held in June and July 2008. The employees learned tips on why and how to increase their fruit and vegetable consumption and ways to be more physically active. The program encouraged employees to make small improvements. Teams were formed to create peer support and friendly competition. The CEO joined over 70 employees in a *Dance Demo* workshop lead by the *Network* Physical Activity Specialist that showed how movements could be modified to meet employee abilities.

The management team supported the wellness program by increasing healthy options in vending machines, posting health messages in the common areas, and implementing *Lunch n' Learn Wellness Wednesdays* and *Fruit Fridays*. The *Worksite Program* is an effective way of improving communication, health, and morale. Congratulations to Goodwill of Orange County 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.

# Peaches and Nectarines

## 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 medium nectarine is equal to about one cup of fruit. One nectarine is a good source of fiber, which helps keep your heart healthy, keep you regular, and make you feel full so you eat less. One nectarine is also a good source of vitamin C, which helps your body heal from cuts and wounds and may lower your risk of infection.



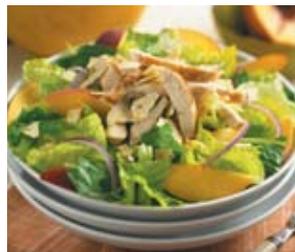
## Healthy Serving Ideas



Top peach or nectarine slices with granola and sliced almonds.\*



Blend a chopped peach or nectarine and lowfat milk with a few ice cubes for a creamy smoothie.\*



Toss sliced peaches or nectarines and grilled chicken into a green salad for a refreshing lunch.\*

## Shopper's Tips

- Choose peaches and nectarines that have a sweet smell and give slightly to gentle pressure.
- Store ripe peaches and nectarines in the refrigerator for up to five days.
- Store firm peaches and nectarines in a paper bag at room temperature until ripe.

## Let's Get Physical!

Parks provide dozens of opportunities to be active—from water sports, hiking and biking to exploring California's nature, history and cultures. Visit one with your family today!

To find a park near you, visit: [www.parks.ca.gov/parkindex/](http://www.parks.ca.gov/parkindex/).

## 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)  
[www.eatcaliforniafruit.com](http://www.eatcaliforniafruit.com)

\* Photography courtesy of the California Tree Fruit Agreement.

# Salad Greens

## 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 romaine, butterhead, red leaf, or green leaf lettuce is an excellent source of vitamin A and vitamin K. Vitamin A helps you keep your skin and eyesight healthy. Vitamin K helps your body stop cuts and scrapes from bleeding.

## Healthy Serving Ideas



Add plenty of salad greens to sandwiches and pita pockets.\*



Top salads with a variety of fruits or vegetables for a different creation every day.



Add salad greens to wraps for a quick meal on the go.\*

## Shopper's Tips

- Choose lettuce heads that are tight and firm with dark green leaves.
- Wrap salad greens in slightly damp paper towels and place in a plastic bag with small holes. Place the bag in the refrigerator for up to one week.
- Rinse lettuce with cold water and gently pat dry before using.

## Let's Get Physical!

Doing chores, walking, dancing, and playing sports are some great ways to give your heart and lungs a workout, but don't forget your muscles! Strength activities help maintain a healthy weight and strong muscles. If you don't have any dumbbells, some canned food will do, or try some exercises that don't need equipment like stomach crunches, leg lifts, or push-ups.

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

[www.dole.com](http://www.dole.com)

\* Photography courtesy of Dole Food Company.

## 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](http://www.mypyramid.gov) to learn more.