

About the Network

The *California Nutrition Network for Healthy, Active Families* is a statewide initiative that supports nutrition education/physical activity promotion targeting Food Stamp-eligible and similar low-income consumers. The *Network* is principally funded by the United States Department of Agriculture (USDA) Food Stamp Program.

The mission of the *Network* is to create innovative partnerships so that low-income Californians are enabled to adopt healthy eating and physical activity patterns as part of a healthy lifestyle.

In January 2005, the *Network* established *Regional Nutrition Networks* in 11 regions throughout California. The Regions are striving to build relationships to enable, encourage, and adopt healthy eating and physical activity lifestyles.

To assist in the accomplishment of this goal, Physical Activity Specialists (PA Specialists) have been established.



Actions and Responsibilities

The PA Specialists are charged with the task of integrating physical activity into all *Network*-funded nutrition education efforts and programs that work with the *Regional Nutrition Networks*, the California Fruits and Vegetables Campaigns, Local Incentive Award Programs, Faith-based projects, Food Security Initiatives, and other Special Projects.

Primary actions and responsibilities of the PA Specialist include:

- Being the primary contact and resource person for physical activity promotion and integration.
- Creation or modification of a regional physical activity and nutrition resource directory that includes information on low-cost and accessible community physical activities.
- Implementing Nutrition and Physical Activity education forums including information from PA agencies and PA resources listed in the Directory.
- Empower and train others on physical activity integration and resources by providing technical assistance and conducting “train the trainer” events.
- Be up to date on current physical activity recommendations, requirements, programs, curriculum, statistics, literature, and events.
- Provide the connection and relationship between physical activity and nutrition.
- Extend the work of the Governor’s Council on Physical Fitness and Sports to *Network* partners.

Tips and Resources

Think about your daily routine and how to incorporate physical activity and healthy choices. Here are a few suggestions:

- Take the stairs instead of the elevator or escalator.
- Park your car a few spots back and walk to the store.
- Have fresh fruits and vegetables for snacks.
- Dance to music.
- Play outdoors.
- Perform gardening work.
- Find an exercise buddy.
- Hold walking meetings and workshops.
- Fruits and vegetables make a great on the go snack-grab some carrots or an apple on the way out.
- Take fitness breaks or walks during work.
- Exercise while watching TV (stretching, leg exercises, treadmill, bike).
- Walk to a local Farmers Market and try a new fruit or vegetable.
- Try a new fruit for dessert after dinner.
- Start a walking group.
- Be sure to demonstrate physical activity tips at meetings and conferences.

For additional resources:

Cancer Prevention and Nutrition Section
www.dhs.ca.gov/cpns

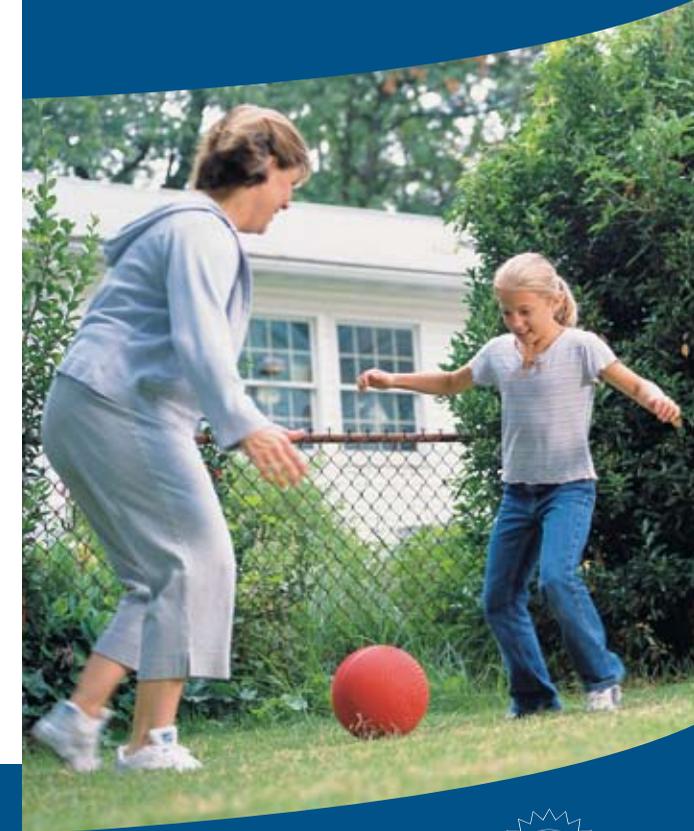
CA Center for Physical Activity
www.caphysicalactivity.org

Centers for Disease Control and Prevention
Division of Nutrition and Physical Activity
www.cdc.gov/nccdphp/dnpa/

Funded by the U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer, through the *California Nutrition Network*. For more information about the California Food Stamp Program, please call 1-888-328-3483.

INTRODUCING
CALIFORNIA NUTRITION NETWORK'S

Physical Activity Specialists



EAT FRUITS & VEGETABLES
AND BE ACTIVE

Regional Nutrition Network Physical Activity Specialists are on the Move!



Cinthia Morris MPH, CHES

Desert Sierra

E-mail: cmorris@co.riverside.ca.us

Telephone: (951) 358-7854

"Physical Activity is preventative medicine. It's an opportunity to help others improve their health through exercise and motivates me to jump out of bed every morning!"



Andrea Craddick MS, CPT

Desert Sierra

E-mail: acraddic@co.riverside.ca.us

Telephone: (951) 358-5977

"Making fitness enjoyable is the key to staying active. Discover what motivates you - music, friends, nature, solitude, competition, whatever - and enjoy it!"



Stephanie Lyons BS

San Diego/Imperial

E-mail: smylons@ucsd.edu

Telephone: (619) 681-0671

"Get up, get moving, and have fun!"



Tamyra Bugarin BS

North Coast

E-mail: tamyrab@yahoo.com

Telephone: (707) 441-4652

"What is special about physical activity is that everyone can participate. It is exciting to show people how they can be active to stay healthy."



Caitlyn Otterstrom CHES

Gold Country

E-mail: cotterstrom@healthedcouncil.org

Telephone: (916) 556-3344

"We can no longer afford to be inactive. As individuals and as a society we need to adopt and embrace the small steps toward a healthier, happier lifestyle."



Ismael Aguila MS, CSCS

Los Angeles

E-mail: iaguila@sbcglobal.net

Telephone: (818) 581-6773

"Health is when eating and physical activity lifestyles are balanced. This will help make the mind enjoy life!"



Jennifer Abrams MS, CHES

California Department of Health Services

E-mail: jabrams@dhs.ca.gov

Telephone: (916) 650-6891

"Everybody gets older; if you stay physically active, the process moves slower!"



Michele Buran MA

Sierra Cascade

E-mail: mlburan@gmail.com

Telephone: (530) 898-4318

"No matter what your age, PLAY is the way to get physical activity every day!"



Hiba Shublak BS

Orange County

E-mail: hshublak@yahoo.com

Telephone: (714) 717-4534

"My well-being enables me to achieve my goals. My health is a gift! I value and preserve it with Physical Activity."



Adam Duker BA

Central Coast

E-mail: dukeraa@co.monterey.ca.us

Telephone: (831) 755-4642

"Physical activity is a requisite part of a responsible and principled life."



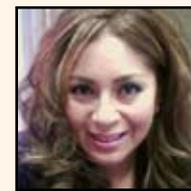
Carmen Bogan MBA

Bay Area

E-mail: carmenbo@pacbell.net

Telephone: (510) 482-8827

"An apple, \$0.50.
A jumprope, \$3.00.
A healthy lifestyle that includes nutrition and physical activity... priceless."



Monica Solis BS

Gold Coast

E-mail: monica.solis@ventura.org

Telephone: (805) 677-5261

"Regular physical activity improves life and overall health. With time, the small steps we take now will make all the difference later in life!"



Lily Phanthachack BS

Central Valley

E-mail: lphanthachack@ucdavis.edu

Telephone: (559) 456-7125

"The search for the fountain of youth is over! The fountain of youth is walking, gardening, and jumping jacks. It's in the power of your hands!"