

# Fit Business

## TIPS OF THE SEASON



### Winter 2010

Winter is a great time to make lifestyle changes to keep your New Year's resolutions. What better way than to start off the year then by getting into shape and eating healthy? Know what you eat. Don't just eat food that looks healthy. Make sure they have the vitamins and minerals to keep good health. Our featured produce, grapefruit and cabbages, are great choices to make a part of your diet this New Year. They both have a high amount of vitamin C and potassium that will help boost your immune system.



## Quick and Simple Tips

### Kick off a New Exercise Plan for the New Year and a New You

The holiday season is over, so there is no better time than now to start eating healthy and getting daily physical activity. You don't need to go to a gym to get fit. A pair of athletic shoes and a little drive are all you need. Start off slow so you don't wear yourself out. It is easier to make exercise a habit if you do it every day. All it takes is 30 minutes of physical activity! Pick things you enjoy doing such as biking, running, basketball, dancing, or walking. Any activity is better than none. The key is to set aside time to exercise and make it part of your daily schedule. Remember to drink lots of water to stay hydrated.

### Develop Healthy Habits

With the winter season here, more people are likely to get a cold or flu. In order to avoid getting sick, it is good to start healthy habits. Washing your hands often will help stop the spread of germs. Studies have also shown that a healthy adult needs 8 cups of water each day. As our featured produce of the season, grapefruit and cabbages are great cold-fighters. So be sure to add these fruits and vegetables to your meal. After staying indoors for a while, it is important to go outside and get fresh air. Start the New Year right. Get enough sleep, eat healthy, and get daily physical activity.

### Promote Healthy Eating and Active Living in Your Worksite

Do you and your coworkers enjoy the Fit Business Tips of the Season? If so, your worksite may also enjoy other educational materials from the *Network for a Healthy California (Network)*. The *Network* has many types 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 Story

The United Transportation Union of the Metropolitan Transportation Authority (UTU-MTA) is a union of bus operators that promotes healthy living in Los Angeles County. Through a partnership with the *Los Angeles Region Worksite Program*, UTU-MTA started a wellness program called "Got Health? Make Time!" So far, they have used the *Healthy Meeting Policies* and *Ordering Farm Fresh Produce* tools for its divisions across the county. The program uses wellness ambassadors from each of their divisions to lead health promotion activities, such as health classes, fitness challenges, and other special events. UTU-MTA has also created partnerships with health care providers and other partners, such as the *Network for a Healthy California—Worksite Program*. UTU-MTA knows how important healthy eating and physical activity are to keeping good health. Therefore, the wellness ambassadors each keep a wellness bulletin board at their division. They are also part of a Wellness Committee to promote the importance of a healthy workplace. The UTU-MTA in LA is committed to the health and wellness of their employees. We congratulate them 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 [Nuny.Cabanting@cdph.ca.gov](mailto:Nuny.Cabanting@cdph.ca.gov) and you may be featured in an upcoming issue of Fit Business Tips of the Season!

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, Sacramento Natural Foods Co-op, Trader Joe's, and Pipeworks 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.

# Grapefruit

## 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, feel good, and may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, and certain types of cancer.



One grapefruit is equal to about one cup of fruit. It is an excellent source of vitamin C, which helps the body heal from cuts and wounds and helps lower the risk of infection.

## Healthy Serving Ideas



Try plain grapefruit for breakfast.



Add a citrus splash to your green salads by topping them with grapefruit segments.



Blend grapefruit segments with lowfat yogurt and frozen strawberries for a quick smoothie.

## Shopper's Tips

- Look for grapefruit that has smooth skin and feels heavy for its size.
- Grapefruit can be stored at room temperature for up to one week.
- If stored in the refrigerator, grapefruit will last up to two weeks.
- For the best flavor, enjoy grapefruit at room temperature.

## Let's Get Physical!

Use physical activity to help deal with stress. Take a walk with someone you can talk to or just clear your mind while you enjoy your favorite activity.

## 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 all your meals and as snacks throughout the day to reach your total daily needs!

For more recipes and tips, visit:  
[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

# Cabbage

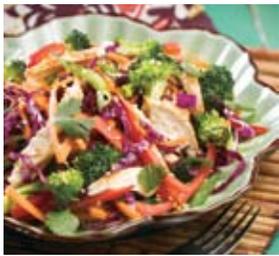
## Health and Nutrition Go Hand-in-Hand

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



One cup of shredded green or red cabbage is an excellent source of vitamin C and vitamin K. Vitamin C helps the body heal cuts and wounds and lowers the risk of infection. Vitamin K helps the body stop cuts and scrapes from bleeding too much and begins the healing process. One cup of cabbage is also a source of vitamin A, which helps maintain good vision, fight infection, and keep skin healthy.

## Healthy Serving Ideas



Toss cabbage with broccoli, bell pepper slices, carrots, and grilled chicken.



Use green and purple cabbage for a rainbow coleslaw.



Add cabbage to stews or soups.

## Shopper's Tips

- Look for firm cabbage heads that feel heavy for their size. The leaves should be a green or red-purple color.
- Store whole or cut cabbage in a plastic bag in the refrigerator for up to one week.

## Let's Get Physical!

Keep moving indoors by creating a scavenger hunt for your family. Have your family split into two teams. Have each team hide five or more items around your home. Then give each team 10 minutes to find the items while the other team cheers for them.

## 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 all your meals and as snacks throughout the day to reach your total daily needs!

For more recipes and tips, visit:  
[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

## 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.