

# Fit Business

## TIPS OF THE MONTH



February 2009

February is the month of love and American Heart Month. Show how much you care about your loved ones by giving them tasty and nutritious foods and encouraging physical activity that decreases the risk of developing heart disease. This month's fruit and vegetable of the month, apples and artichokes, are great choices for improving heart health. For more information check out [www.americanheart.org](http://www.americanheart.org).

## Quick and Simple Tips

### Take Care of Your Heart With Your Loved One!

Since this is the month of love, try planning a physical activity with your loved one. You can plan a scenic hike or take a walk around your neighborhood. Do you prefer to stay warm inside? Sign up for a free exercise class together or simply get your groove on the dance floor.

### Know Heart Attack Warning Signs!

Become familiar with the warning signs for heart attacks so that you are prepared. Simply knowing these heart attack symptoms could save a life. Chest discomfort, shortness of breath, nausea, and light-headedness are all signs of a heart attack. If you or someone around you shows any of these symptoms, get medical help immediately.

### 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

Holiday Inn Express in downtown San Diego has a unique site on a hill. General Manager, Jason Tharp, thought this was a great place to have a Walking Club. To start off the new Walking Club, Jason held a healthy lunch meeting for all employees with salads, whole wheat bread sandwiches, and fruit. Jason's assistant, Ana, spoke on how walking improves health. She also prepared a sign-up board so employees could join the Walking Club on the spot. As a boost, the hotel's Regional Manager bought them pedometers to track their steps. The employees and the *Network for a Healthy California-Worksite Program* Coordinator finished the meeting with a walk around the block. The hill makes this more than just a plain walk. Everyone got their hearts pumping and legs working. To add to the Walking Club, the hotel practices Healthy Meeting Policies, where water, juice, and healthy foods are served. Holiday Inn Express shows how a little effort, help from managers, and healthy food can change an entire 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 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.

# Apple

## 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 apple is equal to about one cup of fruit. One apple is a good source of dietary fiber, which helps to keep your heart healthy, keep you regular, and make you feel full so you eat less. One medium apple is also a good source of vitamin C, which helps your body heal cuts and wounds and maintain healthy gums.



## Healthy Serving Ideas



Mix apple chunks in your morning oatmeal for a hearty start to your day.



Add chopped apples and golden raisins to your chicken salad for a healthy lunch.



Place 4 cored apples in a microwave safe dish and fill with raisins. Pour  $\frac{1}{2}$  cup of apple juice over the apples with a sprinkling of nutmeg and cinnamon. Cover with plastic wrap and microwave on high for 5 minutes for a hot dessert!

## Shopper's Tips

- Look for apples that are firm and do not have soft spots.
- Apples can be stored at room temperature, but they can last up to six weeks if refrigerated.
- Do not refrigerate apples in closed bags.

## Let's Get Physical!

Make physical activity fun and social! Grab a friend and walk around the mall, to the park, or during your lunch breaks! In the evenings, make time to participate in physical activity as a family by going for a walk, riding bikes, or having a dance contest.

# Artichokes

## 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 artichoke is an excellent source of dietary fiber, folate, and vitamin K. Fiber helps to keep your heart healthy, keep you regular, and make you feel full so you eat less. Folate helps lower a woman's risk of having a child with certain birth defects. Vitamin K helps your body stop cuts and scrapes from bleeding.

## Healthy Serving Ideas



Microwave artichokes, stem side up, in two inches of water for 15 minutes. Spray the artichokes with nonstick cooking spray and cook on a hot grill for 20 minutes more.\*



Stuff steamed artichokes with a mixture of breadcrumbs, Parmesan cheese, oregano, and garlic.\*



Place artichokes in a foil-lined roasting pan with two cups of water. Add a chopped clove of garlic, basil, a sliced lemon, and a small amount of olive oil to the pan. Cover with another sheet of foil. Bake artichokes for 45-50 minutes. Remove the fuzzy center before serving this great side dish.\*

## Shopper's Tips

- Choose plump artichokes that have tightly closed leaves and feel heavy for their size.
- A fresh artichoke will make a squeaking sound when squeezed.
- Refrigerate in a plastic bag for up to one week.
- Keep artichokes dry to avoid mold growth.

## 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 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)

\* Photography courtesy of Ocean Mist Farms.

## 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.