

Fit Business

TIPS OF THE MONTH



April 2009

Spring is finally here. With the warmer weather comes a great selection of fruits and vegetables and plenty of chances to be physically active. This month's fruit and vegetable of the month, avocado and asparagus, are great choices to make a part of your diet this spring.

Quick and Simple Tips

Try a New Physical Activity

Spring is a great time to try a new physical activity. Try playing basketball or soccer with your friends or family. You can also visit your local community center and find a free dance or kickboxing class. Even if you can't get outside often, you can still do stretches at your desk or push ups against the wall. At home or at your office, you can also simply take some time to walk up and down the stairs.

Form a Wellness Committee

A Wellness Committee is a group of employees that steers the direction of their company's worksite wellness program. Studies have shown that companies that form Wellness Committees have more successful and sustainable worksite wellness programs. So be a pioneer and start a Wellness Committee today. Does your company already have a Wellness Committee? Begin making changes that will help promote good health and improve the overall morale and productivity of your workplace. For more information, please visit www.takeactionca.com/california-fit-business-kit-tools.asp.

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 and place your order today!



Champion Worksite

San Diego Job Corp is a healthy worksite. The employees at San Diego Job Corp provide job training and education opportunities to youth. They also provide an example of how to live a healthy life. Recently, the employees completed the 10-week *Take Action!* Physical Activity Challenge. Team captain Tom MacCabe, also known as Major Tom, motivated his team to participate in physical activity every day. Team members who kept track of their physical activity each week were given an apple. Team Ground Control won the 10-week challenge by participating in over 500,000 minutes of physical activity. Team Ground Control's members stayed active by doing a range of activities from house cleaning, to dog walking, to field hockey. There was a lot of positive feedback. People said, "I lost ten pounds," and "I bought a bike." Manuel Colon-Perez, Human Resource Manager, was the driving force behind *Take Action!*. As a competitive tri-athlete he set a strong example for the employees. He cheered them on throughout the challenge. He even worked with management to provide the top three teams with two hours of paid time off from work. Now, that is a reward that gets employees active! Congratulations to San Diego Job Corp 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, 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.

Avocado

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.



Half an avocado is equal to about one cup of fruit and is a good source of fiber, vitamin K, and folate. Fiber helps keep your heart healthy, keep you regular, and make you feel full so you eat less. Vitamin K helps your body stop cuts and scrapes from bleeding. Folate helps lower a woman's risk of having a child with certain birth defects.

Healthy Serving Ideas



Add sliced avocados to your favorite salad.



Mashed avocados make a creamy, flavorful topping for your sandwiches.



Mix mashed avocados into baked potatoes for a rich and healthy addition to your meal.

Shopper's Tips

- Look for avocados that give slightly to gentle pressure.
- Let hard avocados ripen on a countertop or place in a paper bag for two to three days at room temperature.
- Refrigerate ripe avocados for up to three days.

Let's Get Physical!

Celebrate the longer daylight hours by taking family walks after dinner. Walk around the neighborhood or to a local park and talk about your day.

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

www.avocado.org

Asparagus

Health and Nutrition Go Hand-in-Hand

Eating a variety of colorful fruits and vegetables and getting daily physical activity will help your family stay healthy and prevent serious health problems like obesity, type 2 diabetes, heart disease, and certain types of cancer.



Six medium- to large-sized asparagus spears are equal to about one cup of vegetables. One cup of asparagus 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.

Healthy Serving Ideas



Boil asparagus in a small amount of water until tender.



Roast chopped asparagus, mushrooms, eggplant, carrots, and zucchini with one cup of chicken broth at 350°F for 30 minutes.



Stir fry chopped asparagus, sliced bell pepper, sliced onions, and strips of chicken for a quick meal.*

Shopper's Tips

- Look for firm, bright green stalks with tightly closed tips.
- Wrap the bottoms of the asparagus stalks in a damp paper towel and place in a plastic bag. Store asparagus in the refrigerator for up to three days.
- Make sure asparagus tips stay dry during storage.

Let's Get Physical!

Team sports are a great way to socialize and stay active at the same time. Check out your local community center for a sports team or start one at work or your place of worship.

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

www.calasparagus.com

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 to learn more.

* Photography courtesy of California Asparagus Commission.