

# Fit Business

## TIPS OF THE MONTH



July 2009

During July the temperatures begin to sizzle. As you try to beat the heat, be sure to stay hydrated by drinking 8 to 10 glasses of water a day. Our featured produce of the month, grapes and zucchinis, have high water content and are also a great way to keep your body hydrated.

## Quick and Simple Tips

### Cool Off In the Pool

Swimming is a great way to have fun in the summer time and also get in some much needed physical activity. You can swim laps, race your family or friends, or simply have fun splashing around. Always be sure to wear sunscreen with enough SPF to protect yourself from the sun's rays. A lip balm with SPF will protect your lips from burning. To find a local pool in your area check your local Parks and Recreation Department or YMCA.

### Eat Healthy To Stay Refreshed

As you celebrate the anniversary of our nation's independence, try to incorporate some fruits and vegetables into your festivities. This will help you feel more energized and refreshed. Try eating grapes and watermelon when you are feeling dehydrated. Have a fruit smoothie to cool off on a hot summer day. Zucchinis, tomatoes, and carrots are always a wonderful addition to a salad. If you are having a summer barbecue you can always throw some vegetables on the grill.

### 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

The North Coastal Family Resource Center is passionate about worksite wellness. The management realized that their employees were dealing with many competing priorities and increased demand for services. They decided that there was "no better time for employees to make their physical, mental, and emotional health a priority." Led by the Agency's Human Resources and in partnership with the *Network for a Healthy California—Worksite Program*, the "Work Life Balance Initiative" was born.

The goal of this six week pilot wellness program was to make employees aware of the benefits of healthy eating and daily physical activity. The first Wellness Committee was a great success. Members snacked on fresh fruit and yogurt dip made on-site by the Worksite Wellness Coordinator. They also put together their plan to "Walk Across America".

At the kick-off event the *Network for a Healthy California* Worksite Coordinator, Worksite Specialist, and intern worked together to give healthy food demonstrations. The final celebration was attended by over fifty participants and management. The participants enjoyed a salad bar lunch and certificates were handed out. Each participant was also given a pedometer. A stretching/breathing exercise was held to complete the celebration. Now, there are even plans to expand the pilot "Work Life Balance Initiative" agency-wide. Congratulations to North Coastal Family Resource Center 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 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.

# Grapes

## 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 grapes is an excellent source of vitamin C and vitamin K. Vitamin C helps your body heal from cuts and wounds and may lower your risk of infection. Vitamin K helps your body stop cuts and scrapes from bleeding.

## Healthy Serving Ideas



Add grapes to your favorite coleslaw.



Blend grapes with banana and orange slices for a great tasting smoothie.



Add grapes and cashews to chicken salad and wrap in a whole wheat tortilla for a grab and go lunch.\*

## Shopper's Tips

- Look for firm, plump, brightly colored clusters of grapes with green flexible stems.
- Remove any soft, brown grapes before storing.
- Store fresh grapes in a covered container or plastic bag for up to 10 days in the refrigerator.
- Just before use, rinse grapes (clusters) under cool water.

## Let's Get Physical!

Community centers are a great place to learn about free or low-cost fitness classes, team sports, and walking groups. Drop by your local community center today to find out what it has to offer!

## 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.freshcaliforniagrapes.com](http://www.freshcaliforniagrapes.com)

\* Photography courtesy of the California Table Grape Commission.

# Zucchini



## 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 small zucchini is equal to about one cup of vegetables. One cup of zucchini is an excellent source of vitamin C, which helps your body heal from cuts and wounds and may lower your risk of infection. One cup of zucchini is also a good source of riboflavin and vitamin B6. Riboflavin helps your body turn the food you eat into energy. Both riboflavin and vitamin B6 help your body build and keep healthy red blood cells.

## Healthy Serving Ideas



Add extra shredded zucchini to zucchini bread and bake in muffin tins for an easy snack. Make this treat even healthier by using applesauce instead of oil and tossing in some raisins.



Sauté chopped zucchini, onions, and bell pepper for a great addition to chicken enchiladas.



Sauté zucchini sticks with garlic and a dash of oregano. Top this tasty side dish with a little Parmesan cheese.

## Shopper's Tips

- Choose a glossy zucchini that is heavy for its size.
- Store in the refrigerator for up to four days.

## Let's Get Physical!

You can enjoy team sports without the team. Get a soccer ball and practice kicking the ball back and forth between your feet. Grab a basketball and practice bouncing it from hand to hand. Find a volleyball and see how long you can keep it off the ground. Challenge yourself to do these basic skills while jogging back and forth.

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## Recommended Daily Amount of Fruits and Vegetables

	<b>Kids, Ages 5-12</b>	<b>Teens and Adults, Ages 13 and up</b>
<b>Males</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Females</b>	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.