

Fit Business

TIPS OF THE MONTH



August 2009

August is the end of the summer heat, but that doesn't mean the end of summer's delicious produce! This month's fruit and vegetable of the month, plums and bell peppers, are two great choices for keeping your Vitamin C levels up. Get outside and enjoy these tasty treats.

Quick and Simple Tips

Exercise and Relax!

Summer months offer nice weather for outdoor activities, but be careful in the heat. The morning and evening are great times to head outside because the temperatures are coolest. If you must exercise in the afternoon, the hottest part of the day, then try to find shade. Before going outside, make sure you drink enough water. If you feel light headed take a break inside and rehydrate before continuing. The summer has great weather, but use caution and listen to your body.

Drink Water

Replace sugary drinks with water. Your body needs 8 to 10 glasses of water per day to stay hydrated. Too often we forget about drinking water, so grab a water bottle and drink at work, in the car, or while relaxing. Sugary drinks are nice treats, but water is the healthiest drink of choice. Water also can make you feel fuller while enjoying lunch or dinner. Your body will feel refreshed and you will feel healthier and happier.

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

St. John's Shelter for Women and Children is taking worksite wellness to a whole new level. This Sacramento-based non-profit is on a mission to support homeless women with children to advance from a point of crisis to a position of self-sufficiency. As a 24-hour, around the clock operation, St. John's staff have to be at their best, all the time. That's why they're starting a round of *Take Action!* in August—with 100% agency participation! To support staff through the 10-week challenge, St. John's kitchen will feature healthy recipes from the *Network for a Healthy California* for staff and clients to enjoy each day. They're also forming a Physical Activity Club with yoga, stretching, and walking activities. Thanks to the *Worksite Program*, St. John's is making a difference in the lives of its staff and its clients alike. The benefits are two-fold. Congratulations to St. John's Shelter for Women and Children 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.

Plum



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 may prevent serious health problems such as obesity, type 2 diabetes, heart disease, and certain types of cancer.

One plum is a good source of vitamin C, which helps your body heal cuts and wounds and maintain healthy gums.

Healthy Serving Ideas



Plums do not need any preparation at all, just grab and go!



Add sliced plums to a green salad for a light lunch.



Blend chopped plums with lowfat milk and crushed ice for a refreshing drink.

Shopper's Tips

- Choose firm fruit that gives slightly to gentle pressure.
- Ripen firm plums in a paper bag for up to three days or until they give slightly to gentle pressure.
- Store ripe plums in the refrigerator for up to five days.

Let's Get Physical!

With the warm weather, it is especially important to drink plenty of water while being active! Drink water before, during, and after physical activity. Remember to warm up and cool down from your exercise to help avoid injury.

How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and amount of physical activity you get every day.

Bring home a variety of colorful fruits and vegetables to eat throughout the day and meet your total daily needs!

For more recipes and tips, visit:

www.cachampionsforchange.net

Bell Pepper



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 may prevent serious health problems such as obesity, type 2 diabetes, heart disease, and certain types of cancer.

One medium bell pepper is an excellent source of vitamin C, which helps your body heal cuts and wounds and maintain healthy gums. One medium bell pepper is also a source of Vitamin B6, which helps your body build healthy blood cells.

Healthy Serving Ideas



Add bell pepper slices to your morning eggs for a fresh start.



Add sautéed bell pepper slices to chicken dishes.



Add chopped bell peppers to your favorite pasta sauce.

Shopper's Tips

- Look for bell peppers that have firm, smooth skin and a fresh green stem.
- Store bell peppers in a plastic bag in the refrigerator for up to five days.

Let's Get Physical!

Wondering how intense your physical activity needs to be? Try to raise your heart rate for at least 30 minutes a day on most days of the week. You should be able to talk while you move, but you should be breathing hard enough so that you can not sing.

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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.