

Fit Business

TIPS OF THE MONTH



October 2009

October is the season of changing, from the colors of leaves to the foods we eat. Change up your diet and take advantage of the fall harvest. Kiwifruit and winter squash, October's fruit and vegetable of the month, are great choices to add to your meals this fall. Both are known for their sources of vitamin C, potassium, and fiber and will add flavor to any meal.

Quick and Simple Tips

Keep Moving

Staying fit and active doesn't only mean hard workouts or activities. Take advantage of the cool breeze and enjoy the fall weather by walking or biking instead of driving. Try taking the stairs at work instead of the elevator for added energy. Get off the bus one stop farther away from your office and walk the rest of the way. Take a quick walk during your lunch break to help stay energized after lunch. Exercising your body can make you feel better, feel more confident about yourself, and can help release stress and tension.

Fruits and Veggies

Halloween candy may be all you see during the start of the holiday season, but keep eating your fruits and vegetables! Fruits and vegetables help keep a healthy body weight and may lower your risk of serious health problems like obesity, type 2 diabetes, heart disease, and certain types of cancer. Try a variety of colorful fruits and vegetables in your diet for all the important nutrients like vitamins, minerals, and fiber to help keep you healthy. Fruits and vegetables are a smart choice because they are low in calories, are all natural, and keep you fuller longer. Grab a kiwifruit, some carrots, or an apple and stay energized while you are on the go.

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

In Orange County, MS International, Inc. has embraced employee wellness and the *Network for a Healthy California—Worksite Program*. This company is a supplier and distributor of natural stone products. In April 2009, 91 employees began the 10-week *Take Action!* program and took advantage of the *Network* materials available in English and Spanish. They learned ways to increase their fruit and vegetable intake and how reading food labels can help them make healthier choices. Motivational messages were also placed in the stairwell to help promote more physical activity. In May, a Wellness Committee was created to help guide the efforts. Employees were treated to a demonstration of stretching exercises in June, as well as an employee health fair that included a food demonstration, nutrition information and health screenings. Beginning in July, healthier beverage options were offered in the vending machine. Fresh fruit is being offered every Thursday to 230 employees and 22 motivated employees started a walking club. "We are excited to see all the positive, healthy changes," said Maylin Connors, MS International, Inc. Human Resources team. Thanks to strong management support, branches located in other states are planning to implement wellness activities. Congratulations to MS International, Inc 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 issue of 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.

Kiwifruit

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 medium kiwifruit is an excellent source of vitamin C, which helps the body heal cuts and wounds and helps lower the risk of infection. One medium kiwifruit is also an excellent source of Vitamin K, which helps the body stop cuts and scrapes from bleeding too much and begins the healing process.

Healthy Serving Ideas



Kiwifruit are a great fast food, just grab, cut, scoop, and go. You can even eat the skin for extra fiber!



Add sliced kiwi to fruit salads and serve on top of a papaya wedge.



Blend kiwis with orange juice and freeze in paper cups to make a healthy treat.

Shopper's Tips

- Look for kiwifruit that feel firm but give slightly to gentle pressure. Size does not affect taste.
- Store ripe kiwifruit at room temperature for several days or store them in the refrigerator for up to four weeks.
- Place firm kiwifruit on the counter or in a paper bag until ripe.

Let's Get Physical!

Being physically active is a great way to get the energy you need to get through your day. Walking up and down a flight of stairs, doing a few jumping jacks, or just doing a few leg lifts in your chair can perk you up better than a coffee break ever could.

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.

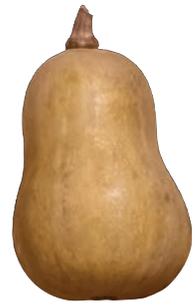
Eat a variety of colorful fruits and vegetables with all your meals and as snacks throughout the day to reach your total daily needs!

For more recipes and tips, visit:
www.cachampionsforchange.net

Winter Squash

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 cubed butternut or acorn squash is a source of vitamin C, fiber, and potassium. Vitamin C helps the body heal cuts and wounds and lowers the risk of infection. Fiber helps keep you regular, prevent constipation, and feel full. Potassium helps the brain tell muscles when to contract and relax. Potassium also helps maintain healthy blood pressure.

Healthy Serving Ideas



Roast cubes of butternut squash seasoned with thyme and sage.



Blend roasted butternut squash cubes in a blender with just enough chicken broth to make a thick and creamy soup.



Bake acorn squash halves in about ¼-inch of water at 400°F until tender (about one hour). Sauté one chopped apple, cinnamon, nutmeg, and a sprinkle of brown sugar until soft. Fill each half with the apple filling and bake for 10 minutes more.

Shopper's Tips

- Look for firm winter squash that have dull-colored skin and feel heavy for their size.
- Store uncut winter squash in a cool, dark, dry place for up to three months.
- Once cut, wrap and refrigerate winter squash for up to one week.

Let's Get Physical!

Make a plan for staying active when the weather gets cold or wet. Figure out how you can be active both indoors and outdoors so that you can stay in control of your fitness goals.

How Much Do I Need?

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Eat a variety of colorful fruits and vegetables with all your meals and as snacks throughout the day to reach your total daily needs!

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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.