

Fit Business

TIPS OF THE MONTH



November 2009

November is the season of thanksgiving, a time to connect with family and friends. Preparing and eating healthy foods together is a great way to spend time with your loved ones. Persimmons and cooked greens, October's fruit and vegetable of the month, are great choices to add to your table. Both are good sources of vitamin A & C, as well as fiber.



Quick and Simple Tips

Vitamin D

Vitamin D is known as the 'sunshine vitamin.' It is sunlight that gives us our daily allowance of Vitamin D. Vitamin D is needed to build strong, healthy bones and teeth. Without it bones can turn brittle, soft, and become misshapen. Make sure to eat foods that have lots of Vitamin D, such as lowfat yogurt with berries and lowfat milk. During the winter months there is less sun, which means less Vitamin D. So dress warm and go for short walks outside to keep in shape and get some sunlight. All you need is 10-15 minutes of sunshine a day. Higher levels of Vitamin D will keep you healthier and happier!

Don't Overeat

The holidays are near and that means lots of food! It's good to treat yourself to your favorite foods now and then. However, the trick is to never make it a habit. Try to grab a fruit or vegetable half an hour before you eat a meal to keep from overeating. The brain doesn't register being full until at least half an hour, meaning your body may be full but your mind doesn't know. Fruit and vegetables are loaded with fiber, which will keep you full longer. This means that if you snack on fruits and vegetables before your meal, you will be less likely to overeat.

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

The Civic Center Holiday Inn in San Francisco cares for worksite wellness and the wellbeing of their employees. They recently held their first annual health fair where employees laughed, listened, and learned. What motivates this worksite is the strong support the employees have to stay healthy. The Guest Relations Manager not only welcomed everyone to the Employee Health Fair but joined in on the fun. She encouraged everyone to participate and learn. The employees were most curious about the body fat analysis tool. The employees found out how their body fat had changed from their baseline analysis and whether they had a healthy amount of body fat. Health services from around the city also joined in at the event. Employees got to sample flavored water, received reusable shopping bags, and hand sanitizers to promote good health. Employees also had a chance to win a \$25 gift certificate for healthy food shopping by playing the Passport to Better Health game. At different stations around the health fair, employees tested their knowledge of health by answering nutrition and physical activity questions. After answering all the questions, their passport was entered in a raffle to win the gift certificate. The *Network for a Healthy California—Worksite Program* Coordinator, *Worksite Specialist*, and several Holiday Inn Managers joined in as the *Network Physical Activity Specialist* demonstrated simple exercise tips towards the end of the health fair. Congratulations to the Civic Center Holiday Inn in SF 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.

Persimmon

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 Fuyu persimmon is equal to about one cup of fruit. One cup of sliced Fuyu persimmon is an excellent source of vitamin C, fiber, and vitamin A. 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. Vitamin A helps maintain good vision, fight infection, support growth, and keep skin healthy.



Healthy Serving Ideas



Replace the tomatoes in your favorite salsa recipe with chopped Fuyu persimmons for a sweet salsa snack.



Fuyu persimmons make a great fast food, just slice and enjoy.



Chopped Fuyu persimmons make a sweet topping for green salads.

Shopper's Tips

- Look for bright orange and red colored persimmons with smooth skins. Ripe Fuyus should be firm.
- Store ripe Fuyu persimmons at room temperature for up to three weeks. Keep in the refrigerator for up to two months.
- Hachiya persimmons are acorn shaped and can not be eaten raw.

Let's Get Physical!

Fall is a great time to set fitness goals. Spend some time to figure out how you can add 10-20 minutes of activity to each day and give it a try for at least three weeks. Once you accomplish that goal, set a goal to increase the intensity of your activity.

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

Cooked Greens



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 cooked collard greens, kale, bok choy, or Swiss chard is an excellent source of vitamin A, vitamin C, and vitamin K. Vitamin A helps maintain good vision, fight infection, and keep skin healthy. Vitamin C helps the body heal from cuts and wounds and helps lower the risk of infection. Vitamin K helps stop cuts and scrapes from bleeding too much and begins the healing process.

Healthy Serving Ideas



Cook collard greens with smoked turkey and a small amount of water.



Add chopped kale to a hearty stew.



Cook bok choy in low sodium chicken broth for extra flavor.

Shopper's Tips

- Choose leafy greens with fresh, full leaves.
- Avoid greens that have brown, yellow, spotted, wilted, or slimy leaves.
- Store greens in a plastic bag in the refrigerator for two to five days.
- Wash greens thoroughly before use.

Let's Get Physical!

Use physical activity to help deal with stress. Take a walk with someone you can talk to or just clear your mind while you enjoy your favorite activity.

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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.