

Fit Business

TIPS OF THE MONTH



December 2008

The winter season is here! This month's fruit and vegetable of the month, orange and broccoli, are a source of vitamin C which will help to your body fight infection so that you don't miss a moment of holiday cheer.

Quick and Simple Tips

Keep Active Indoors!

Since the weather is chilly people tend to stay indoors and avoid physical activity. It is important to remember to stay active while inside. Try taking the stairs or taking a walk inside the building when you need a break. You can also stretch at your work station. Try stretching your arms over your head and to your left and right sides. Always remember to plan a physical activity break at long meetings.

Substitute Healthy Foods for Unhealthy Sweets!

During the month of December try to eat healthy foods rather than sugary or unhealthy snacks and desserts. Do you need something warm to eat at work? Heat up broccoli in the microwave with a little Italian seasoning for a satisfying snack. Try bringing a fruit and vegetable platter or whole wheat crackers with a lowfat dip to a holiday party. Baked apples or naturally sweet citrus salads are delicious and tasty dessert options.



Champion Worksite

Employees of International Seal, a manufacturing company in Santa Ana, are walking for their health and for charity. In addition to a range of worksite wellness efforts, the company sponsored the second annual "Walk for Wellness" project where employees walked 11,073 miles over three months. Thanks to the employees' commitment to health, International Seal donated \$553.65 to the March of Dimes.

International Seal and the *Network for a Healthy California—Orange County Region Worksite Program* have been working together for over two years. This year, employees took on another *Take Action!* program. Employees practiced simple stretching exercises, held a fun jump rope contest, and learned how to read food labels. Employees started drinking water in place of soda. The company has put more healthy options into the vending machines. To reward their employees they hosted an employee appreciation barbecue where fresh fruit and other healthy foods were served. International Seal has a worksite program that promotes health and wellness in their employees, their company, and their community.

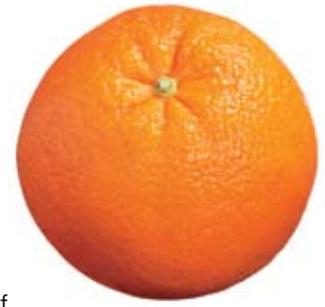
Are you a worksite using the *California Fit Business Kit*? If you have a success story to share, we want to hear from you. Please send a story about your success (200 words or less) to Jacqueline.Cheung@cdph.ca.gov and you may be featured in an upcoming Fit Business Tips of the Month!

The *Network for a Healthy California—Worksite Program* would like to thank Capital Athletic Club, Dragonfly, Buckhorn Grill, Healthy Habits, Rubicon Brewing Company, and La Bou 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.

Oranges

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 medium orange is equal to about one cup of fruit. One orange is an excellent source of vitamin C, which helps your body heal from cuts and wounds and may lower your risk of infection. One orange is also a good source of fiber and folate. Fiber helps to keep your heart healthy, keep you regular, and make you feel full so you eat less. Folate helps lower a woman's risk of having a child with certain birth defects.

Healthy Serving Ideas



Orange wedges make a great, quick snack.



Blend two peeled oranges with two cups of frozen, unsweetened strawberries until smooth. Place the citrus berry mixture in the freezer and stir every 15 minutes until you have a thick, icy treat.



Mix peeled orange slices with raisins and banana slices. Top with a spoonful of lowfat vanilla yogurt for a light breakfast.

Shopper's Tips

- Look for fruit with shiny skin that is firm and heavy for its size.
- Oranges with thin skins tend to be juicier than those with thick skins.
- Oranges with scarring or green spots on the surface are okay to eat.
- Oranges can be stored at room temperature or in the refrigerator for up to two weeks.

Let's Get Physical!

Staying fit shouldn't be all work and no play. Turn on your favorite music and challenge your family to a dance contest. Learn some new moves from your children and show them how things were done in your day!

Broccoli

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 chopped broccoli 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. One cup of broccoli is also a good source of folate, which helps lower a woman's risk of having a child with certain birth defects.



Healthy Serving Ideas



Toss chopped broccoli with chopped cabbage, shredded carrots, sliced bell peppers, chicken, and some sesame dressing for a zesty Asian chicken salad.



Top pizza with chopped broccoli before putting it in the oven.



Add chopped broccoli and your choice of vegetables to scrambled eggs. Wrap the eggs in a whole wheat tortilla and sprinkle with lowfat cheese for a quick and tasty breakfast burrito.

Shopper's Tips

- Look for a firm stem and tight, compact florets that are dark green.
- Store unwashed broccoli in an open plastic bag and place in the refrigerator for up to five days.
- Rinse (don't soak) broccoli under cool water just before using.

Let's Get Physical!

Look for simple stretches and strength activities you can do inside to stay flexible and strong all winter long. Try checking out fitness books from the library or looking for activities on the internet.

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

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.