

Fit Business

TIPS OF THE MONTH



October 2008

October is a great time to enjoy the changing colors and all the fruits and vegetables of fall. This month's fruit and vegetable of the month, pear and winter squash, are delicious choices to include in your diet. Try exploring the farms, ranches, or produce stands in your region. A family outing and a tour of a pumpkin patch or a stroll through a corn maze might be just what the doctor ordered. To find local farms, ranches, or produce stands that offer family activities, please visit www.calagtour.org.

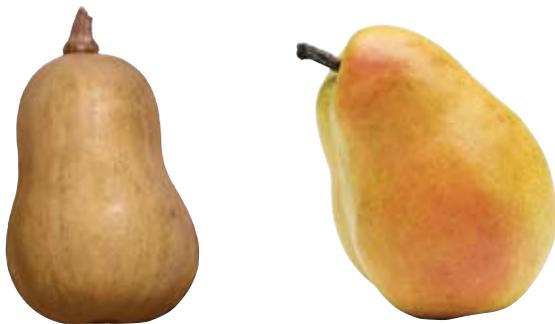
Quick and Simple Tips

Take a Walk to Enjoy the Fall Colors!

Nothing says fall more than watching the leaves change color and feeling that first cool breeze in the air. Taking a walk during your lunch or break is a great way to clear your mind and also get in some much needed physical activity. Walking will help you work up a good appetite and you can reward yourself with a healthy meal.

Add Some Fall Fresh Produce to Your Diet!

During the month of October try to include fall favorites such as pears, winter squash, apples, persimmons, pumpkins, and corn into your diet. Try roasting corn or grilling squash for a quick but satisfying side dish. Add apples to your oatmeal in the morning or grab a persimmon for a light snack. Perhaps there is a farmers' market near work where you can walk to pick up some fresh fall produce. To find a farmers' market please visit www.localharvest.org.



Champion Worksite

Over 200 Bell-Carter employees joined a company walking challenge with the theme "Hiking Through the Harvest." A map of California showed the number of steps it would take to walk from city to city. The steps on the map started in Northern California with the Arcata Mushroom Festival. They went all the way to Imperial's Onion Festival in Southern California. The employees wanted to better their own health and their community. As a result of their efforts, Bell-Carter pledged \$500 to a local charity.

Employees set their own walking goals for the month of May. They each recorded their total steps by wearing pedometers. Employees planned to walk 44,208,032 steps or 20,095 miles. By the end of the month, employees had walked 59,791,020 steps or 27,178 miles. Deb Taylor, Bell-Carter's human resource manager, was thrilled about the program. "Our employees exceeded the goal by 35 percent. What started out as a hike through California ended up with enough steps to have walked around the world." At the final meeting, Deb announced that Bell-Carter donated \$3,000 to St. Jude's Children's Research Hospital. Employees in the walking program that met 90 percent or more of their walking goal were put into a drawing for a prize. Congratulations to Bell-Carter for being a Champion Worksite!

Are you one of our worksites 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 (250 words or less) to Jacqueline.Cheung@cdph.ca.gov and you may be featured in an upcoming Fit Business Tips of the Month!

Pears

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 prevent chronic diseases such as obesity, type 2 diabetes, heart disease, and certain types of cancer.



One medium pear is equal to about one cup of fruit. One cup of sliced pears is an excellent source of fiber which helps keep your heart healthy, keep you regular, and make you feel full so you eat less. One cup of sliced pears is also a source of vitamin C, which helps your body heal from cuts and wounds and lowers your risk of infection.

Healthy Serving Ideas



Top a salad with sliced pears for a sweet crunch.



Toss chopped pears, onions, bell peppers, and mangos with a touch of cilantro, vegetable oil, and lime juice. Serve with baked corn chips for a quick salsa your kids will love.



Pears make an easy snack for any time of the day. Just grab and go!

Shopper's Tips

- Choose a pear that is bright and fresh looking with no bruises or damage.
- Bartlett pears are ripe when they turn golden yellow.
- All other pears are ripe when the area near the stem gives to gentle pressure. Because pears ripen from the inside out, pears that are soft around the middle may be over ripe.
- Store unripe pears at room temperature until ripe.
- Store ripe pears in the refrigerator for up to a week.

Let's Get Physical!

Get outside to enjoy the beauty of fall with your family. Cooler weather and falling leaves are a great setting for an evening walk with friends or family.

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
www.calpear.com

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

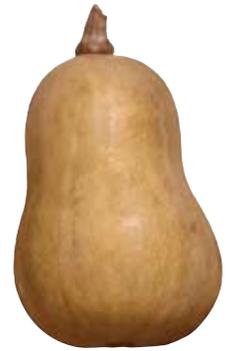
If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

Winter Squash

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Eating a variety of colorful fruits and vegetables and getting daily physical activity will help your family stay healthy and prevent chronic diseases such as 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 your body heal cuts and wounds and maintain healthy gums. Fiber helps keep your heart healthy, keep you regular, and make you feel full so you eat less. Potassium helps your brain tell muscles when to contract and relax. Potassium also helps maintain healthy blood pressure.



Healthy Serving Ideas



Roast chunks of butternut squash seasoned with thyme and sage.



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



Cut a large acorn squash in half and remove the seeds. Place the squash, cut side down, in a baking dish with about a ¼-inch of water and bake at 400°F until tender (about one hour). Sauté one chopped apple, cinnamon, nutmeg, and a sprinkle of brown sugar for about 8 minutes. After the squash is baked, 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 success! Now that you are committed to making time to be active every day, make a plan for staying active when the weather gets cold or wet. Figure out how you can be active both indoors or outdoors so that you can stay in control of your fitness goals.

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