

Fit Business

TIPS OF THE MONTH



November 2008

November is a great time to give thanks for the wide variety of fall fruits and vegetables that are available in California. This month's fruit and vegetable of the month, persimmon and onion, are great choices to make this Thanksgiving a healthy one.

Quick and Simple Tips

Exercise Portion Control!

During Thanksgiving, people often eat portions that are too large. This leads to an increased amount of calories and weight gain. To control your portions, try to eat fruits and vegetables at the beginning of your holiday meal. Fruits and vegetables will provide you with plenty of fiber that will help you feel more full. You will be less likely to fill yourself with high calorie foods.

Celebrate and Be Physically Active!

Why not use Thanksgiving as a time to be physically active with your loved ones? Play capture the flag, football, or visit a nearby park and use the active time to bond with your family. After you finish eating turkey, instead of sitting around, try going for a family walk. You can also play follow the leader and have everyone lead the group in a physical activity for one minute. Have a happy and healthy Thanksgiving!

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

Griswold Industries of Costa Mesa understands the importance of employee wellness. In 2006, they hosted an employee health fair and began their annual participation in "Ride Your Bike to Work Week." In May 2007, Griswold Industries launched a 10-week *Take Action!* worksite employee wellness program. Employees set goals to eat more fruits and vegetables for better health. Employees also learned how to purchase fruits and vegetables on a tight budget and how fruits and vegetables can help prevent type 2 diabetes. In August 2007, the employees of Griswold started another 10-week *Take Action!* challenge. This time they took on the Physical Activity Challenge. The *Network for a Healthy California* Physical Activity Specialist held a workshop. The teams tried to increase the number of minutes they were active every day. Walking, stretching, biking – Griswold employees were moving! Griswold Industries went a few steps further. They made half of an employee eating area into an exercise area. They changed the vending machines and stocked them with juices in place of soda. Fresh fruit, fruit with cottage cheese, and tea are healthier options now available to employees. A monthly newsletter with healthy tips is now given to all employees. More information is shared through *Lunch and Learn* workshops and the posting of healthy recipes. On-site yoga classes are also in the planning stages. We are thrilled to see the changes that have happened. Congratulations to Griswold Industries 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!

Persimmon

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 serious health problems like obesity, type 2 diabetes, heart disease, and certain types of cancer.



One medium Fuyu persimmon is an excellent source of vitamin C, fiber, and vitamin A. Vitamin C helps your body heal cuts and wounds and maintain healthy gums. Fiber helps to keep your heart healthy, keep you regular, and make you feel full so you eat less. Vitamin A helps keep your skin and eyesight healthy.

Healthy Serving Ideas



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



Persimmons make a great fast food, just slice and enjoy.

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.

Let's Get Physical!

Fall is a great time to set fitness goals. Spend some time to figure your current level of activity. Decide 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 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.

Onion

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 serious health problems like obesity, type 2 diabetes, heart disease, and certain types of cancer.

One cup of chopped onion is an excellent source of vitamin C, which helps your body heal cuts and wounds and maintain healthy gums. One cup of chopped onion is also a source of fiber and vitamin B6. Fiber helps keep your heart healthy, keep you regular, and make you feel full so you eat less. Vitamin B6 helps your body build healthy blood cells.



Healthy Serving Ideas



Slice onion “rings” and toss lightly with olive oil and your favorite seasonings. Roast at 400°F for 30 to 40 minutes and add to chicken or turkey sandwiches.



Sautee chopped onions with sliced mushrooms and a clove of garlic for a great topping for a turkey sausage breakfast sandwich.



Add onions to vegetable stir fry.

Shopper's Tips

- Look for firm onions with dry outer skins that feel heavy for their size and have little or no scent.
- Store whole onions in a cool, dry place (like a countertop) for several weeks. Do not store in a plastic bag.
- Once cut, onions can be kept in a covered container in the refrigerator for up to one week.

Let's Get Physical!

Stay motivated by keeping an activity journal. Write down how active you are every day and use the journal to keep track of your progress and set goals. Make the activity journal a family project and reward family members when they reach their goals by giving them a chore-free day or letting them pick the next family physical activity.

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