

Fit Business

TIPS OF THE SEASON



Summer 2010

Summer is a great time to get out and eat fruits and vegetables. This season's produce picks are peaches and potatoes. Both have vitamins C and can help protect you and your family from serious health problems like obesity, type 2 diabetes, and heart disease.



Quick and Simple Tips

Add Fruits and Vegetables to Your Summer Menu

Eat well at work and on your days off. Adding fruits and vegetables to each meal or snack is one of the easiest ways to stay healthy. There are many tasty ways to enjoy fresh produce. Try grilling your fruits and vegetables, such as peaches and potatoes. Cooking on the grill adds flavor and reduces fat. You can cook fruit and vegetable kabobs for a healthy change. Just grill them on low heat until they are hot. Serve foods that take the heat out of your kitchen. Add cool, fresh berries or peaches to salads, yogurt, and desserts. Cut up raw vegetables to serve with lowfat dips or toss them into salads. Frozen juice pops are a favorite with kids of all ages. Eat a variety of fruits and vegetables every day for better health.

Keep Moving and Stay Hydrated

Summer is the perfect time to go out and have fun. Go biking or jogging, play with your kids, or go to the park. Outdoor activity helps you keep healthy and spend time with your loved ones. Be sure to drink water in the heat. Kick up the taste of your water with slices of oranges, lemons, cucumbers, or strawberries. Fruits and vegetables boost natural flavor without a lot of calories. Get out earlier in the morning or later in the evening to stay away from direct sun. Always use sunscreen. You can still get your body moving when it's too hot to go outside. Beat the heat with inside activity like yoga, aerobics, or bowling. Even cleaning the house can keep you fit. Whatever you do, keep moving!

Champion Worksite Story

The Corcoran YMCA is a worksite in the Central Valley. They use the *California Fit Business Kit (Kit)* to put together their wellness program. The *Kit* has ten tools all involving eating fruits and vegetables and being active. Many employees are taking part in the "Take Action! Challenge." At the Corcoran YMCA, they have used the *Kit* and their creative energy to add healthy foods and drinks to their vending machines and form a walking club. Each week they promote physical activity and give tips on healthy eating. Now 100% fruit juice is served. Soda is no longer their drink of choice. The Corcoran YMCA promotes healthy choices, like being more active and eating healthy foods. Congratulations to Corcoran YMCA 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 Nuny.Cabanting@cdph.ca.gov. You may be featured in an upcoming Fit Business Tips newsletter!

The *Network for a Healthy California—Worksite Program* would like to thank Capital Athletic Club, Buckhorn Grill, Healthy Habits, Rubicon Brewing Company, La Bou, Sacramento Natural Foods Co-op, and Pipeworks for donating gift certificates. We thank you for being Champions for Change by encouraging Californians to eat healthy and be active every day.

Peaches and Nectarines



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 large peach or nectarine is equal to about one cup of fruit. One nectarine is a source of fiber, which helps you feel full, keep normal blood sugar levels, and avoid constipation. One nectarine is also a source of vitamin C, which helps the body heal cuts and wounds and helps lower the risk of infection.

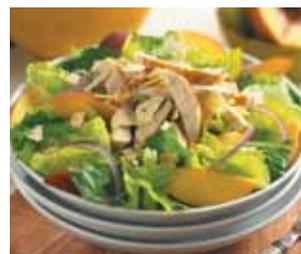
Healthy Serving Ideas



Top peach or nectarine slices with granola and sliced almonds.†



Blend a chopped peach or nectarine and lowfat milk with a few ice cubes for a creamy smoothie.†



Toss sliced peaches or nectarines and grilled chicken into a green salad for a refreshing lunch.†

Shopper's Tips

- Choose peaches and nectarines that have a sweet smell and give slightly to gentle pressure.
- Store ripe peaches and nectarines in the refrigerator for up to five days.
- Store firm peaches and nectarines in a paper bag at room temperature until ripe.

Let's Get Physical!

Parks provide dozens of opportunity to be active—from water sports, hiking, and biking to exploring California's nature, history, and cultures. Visit one with your family today!

For more recipes and tips, visit:

www.parks.ca.gov/parkindex

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 snacks throughout the day to reach your total daily needs!

For more recipes and tips, visit:

www.cachampionsforchange.net

www.eatcaliforniafruit.com

† Photography courtesy of the California Tree Fruit Agreement.

Potato

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 baked potato is an excellent source of potassium, which helps the brain tell muscles when to move. Potassium also helps keep a healthy blood pressure. A medium potato is also a good source of fiber, which helps you feel full, keep normal blood sugar levels, and avoid constipation.

Healthy Serving Ideas



Sprinkle potato wedges with chopped garlic and Italian seasoning; bake at 400°F for 7 minutes. Flip the wedges and sprinkle the other side with the garlic mixture; bake 7 minutes more for a hot and crispy side dish.



Top baked potatoes with one tablespoon of sour cream and your choice of toppings, such as chopped avocado and salsa, broccoli florets and lowfat Cheddar cheese, or chopped tomatoes and bell peppers.



Roast chunks of new potatoes with carrots and green beans as a perfect side dish for a chicken dinner.

Shopper's Tips

- Choose firm potatoes with smooth skin and without sprouts. Avoid those with green coloring.
- Store potatoes in a cool, dark, and dry place (not the refrigerator) for up to two months.
- Wash potatoes thoroughly before cooking and discard any that have sprouted or softened.

Let's Get Physical!

Swimming is a great way to cool off during the hot summer months and a fun way to get active. Swimming is low-impact and uses all of the major muscle groups. Check out your local Department of Parks and Recreation to find a public pool near you!

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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.