

Fit Business

TIPS OF THE SEASON



Spring 2010

Spring is a time for new beginnings. With warmer and longer days, it is a great time to head outdoors and be active. If you have not kept up with your health and fitness goals, now is the time to get back into a routine. Think fresh and start new with outdoor activities you enjoy doing. Pick seasonal fruits and vegetables like strawberries and asparagus. Make them a part of your meals and snacks this spring.



Quick and Simple Tips

Spring into Shape

Getting fit requires taking baby steps. For many, the first step is the hardest. Once you take that first step to be active, you will start to feel good about your physical health and well-being. If you make small changes each day, you will be on track to meet your goals. Push yourself, but make it fun. Stick to activities that you know and feel good doing. Remember that you want to move at a good speed. A brisk walk will help to clear your mind while you enjoy the spring weather. Don't forget to partner with a friend or family member. You can help each other stay motivated.

Spring into a Healthy Diet

In the spring, there are lots of fresh fruits and vegetables available. So spring is a great time to start healthy eating habits. Try packing strawberries, carrots, or an apple for a tasty snack at work. They will give you the energy you need to get you through the day. Fruits and vegetables are healthier than processed foods. Make sure to eat plenty of green vegetables like spinach. Kick off spring with a healthy start. Visit your local farmers' market and pick up some strawberries and asparagus today. To find a farmers' market in your area, go to www.cafarmersmarkets.com.

2010 California Fit Business Award

The California Taskforce on Youth and Workplace Wellness is accepting applications for the 2010 California Fit Business Award. To apply, go to www.wellnesstaskforce.org. Applications are due June 16, 2010. The cost for submitting an application is \$35 for a company of less than 100 employees. For a company with more than 100 employees, the cost is \$50. All companies with worksite wellness programs can apply. For more information, please contact Leah Cox at wellnesstaskforce@yahoo.com or (916) 534-7750.

Champion Worksite Story

Pinnacle Hotels USA has four hotels in San Diego County. All four hotels help their employees make healthy choices every day. Pinnacle works together with the *Network for a Healthy California—Worksite Program*, the San Diego Food Bank, and the San Diego Hunger Coalition. Pinnacle's employees learn about the importance of eating fresh fruits and vegetables and being active every day. They are taught how to get low-cost and healthy foods. The message boards at each hotel have the latest wellness and safety information. All materials and presentations are given in both English and Spanish. Every Friday is a "Fruit Friday!" Managers order fresh fruit for employees to enjoy at work. This spring, Pinnacle will work with the University of California Cooperative Extension. They will offer six weeks of nutrition education classes to all employees. Congratulations Pinnacle Hotels USA 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.

Strawberries



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.

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

Healthy Serving Ideas



Microwave sliced strawberries with a small amount of orange juice or unsweetened applesauce to make a great topping for your pancakes.



Blend strawberries, orange juice, and lowfat yogurt for a refreshing smoothie.



Toss strawberry halves with melon, pineapple, and mango chunks and sprinkle with lime juice and chili powder for a Mexican fruit salad.†

Shopper's Tips

- Look for plump berries with a natural shine, rich red color, bright green caps, and a sweet smell.
- Store strawberries in the refrigerator for up to three days.
- Do not wash strawberries until you are ready to eat them.

Let's Get Physical!

Add bicycling to your travel plans by riding to the store for small purchases, riding to work, or taking a ride with your family on the weekends.

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.calstrawberry.com

† Photography courtesy of the California Strawberry Commission.

Asparagus

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.



Six large asparagus spears are equal to about one cup of vegetables. One cup of asparagus is an excellent source of vitamin A and vitamin K. Vitamin A helps maintain good vision, fight infection, and keep skin healthy. Vitamin K helps stop cuts and scrapes from bleeding too much and starts the healing process.

Healthy Serving Ideas



Boil asparagus in a small amount of water until tender.



Roast chopped asparagus, mushrooms, eggplant, carrots, and zucchini with one cup of chicken broth at 350°F for 30 minutes.



Stir-fry chopped asparagus, sliced bell pepper, sliced onions, and strips of chicken for a quick meal.†

Shopper's Tips

- Look for firm, bright green stalks with tightly closed tips.
- Wrap the bottoms of the asparagus stalks in a damp paper towel and place in a plastic bag. Store asparagus in the refrigerator for up to three days.
- Make sure asparagus tips stay dry during storage.

Let's Get Physical!

Team sports are a great way to socialize and stay active at the same time. Check out your local community center for a sports team or start one at work or your place of worship.

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.calasparagus.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.

† Photography courtesy of California Asparagus Commission.