

Fit Business

TIPS OF THE MONTH



December 2009

The holidays are a time for reconnecting with family and friends, not being sick with the cold or flu. Remember your fruits and vegetables this holiday season. Keep yourself healthy with this month's fruit and vegetable of the month - mandarin oranges and broccoli. Mandarin oranges and broccoli are great sources of vitamin C, which may help your body fight infection so that you will be able to enjoy time with friends and family.



Quick and Simple Tips

Keep Working Out

The holidays are a busy time with friends, family, and lots of food. Don't become a couch potato after big holiday meals. Try to stay on track by doing little things, even if you cannot find time to get in your daily workout for the holiday rush. Stretch in the morning before you begin your day to get your blood flowing. Walk as much as possible. Walk around your building or inside your building at your lunch break, use the stairs, walk the dog, or park farther from the store when going shopping. You can also try raking leaves or simply going for a run with a loved one. Get your family or friends together and set up a game of football, tag, capture the flag, or hide and seek.

Control Your Portions and Sugar Intake

Holiday cookies, candies, and sweets are all around you so this holiday season keep your cravings in check with portion control. Treat yourself to the one choice you just cannot pass up, but stay in control of your choices. Studies show that when our senses are over stimulated, we tend to overeat. Try sticking to a few healthy, low calorie snack options. Americans on average gain three to five pounds during the holiday season so do not let that be you. Eat a healthy snack or small meal before you attend a party or event. Try snacking on a few mandarin oranges or some broccoli before heading out the door so you will be less likely to fill up on unhealthy foods.

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

Goodwill Industries of Southern California has demonstrated their commitment to the wellbeing of their employees. They formed a Wellness Committee to look for ways to improve the environment of their worksite. They bring in guest speakers at monthly meetings to present topics that relate to the overall wellness of their employees. Recently they held their first annual health fair where the *Network for a Healthy California* Worksite Coordinator and Worksite Specialist provided employees with information about the benefits of healthy eating and the consumption of fruits and vegetables. To top it off, Goodwill Industries offered a healthy meal that included lots of fruits and vegetables. In their effort to build a healthier worksite environment, they added fresh fruits and vegetables to their everyday menu options. They are still working on changing the recipes of their cafeteria meals to make them healthier, yet tasty (Healthy Dining Tool). Goodwill Industries recognizes how important daily physical activity is to achieve and maintain good health. Therefore, they offer yoga and tai chi classes for their employees. They are also planning to start dance sessions in the near future. Congratulations to Goodwill Industries of Southern California 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 Jacqueline.Cheung@cdph.ca.gov and you may be featured in an upcoming issue of 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, La Bou, and Sacramento Natural Foods Co-op 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.

Mandarin 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, feel good, and may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, and certain types of cancer.



Two mandarin oranges are equal to about one cup of fruit. Two mandarin oranges are an excellent source of vitamin C and vitamin A. Vitamin C helps the body heal from cuts and wounds and lower the risk of infection. Vitamin A helps maintain good vision, fight infection, and keep skin healthy. Two mandarin oranges are also a source of fiber, which helps you feel full, keep normal blood sugar levels, and avoid constipation.

Healthy Serving Ideas



Mandarin oranges are easy to peel and make a great afternoon snack.



Toss mandarin orange slices with green salads.



Mix cooked long grain rice with mandarin oranges, crushed pineapple, chopped red onions, chopped cucumbers, and chopped mint for a refreshing side dish.*

Shopper's Tips

- Look for plump mandarin oranges that feel heavy for their size and have stems that are attached.
- Look for mandarin oranges with glossy, deep orange skins. Mandarin oranges with some patches of green near the stem are okay to eat.
- Keep on the countertop for a few days or store in the refrigerator for up to one week.

Let's Get Physical!

Get your heart pumping during the cold winter months. Try walking up and down your local mall. There is plenty of security and the temperature is just right. If you walk outside, dressing in layers allows you to stay warm at the beginning of your walk and to take off a layer or two as you warm up.

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 as snacks throughout the day to reach your total daily needs!

For more recipes and tips, visit:
www.cachampionsforchange.net
www.dole.com

* Photography courtesy of Dole Food Company.

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, feel good, and may lower the risk of 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 the body heal from cuts and wounds and lower the risk of infection. Vitamin K helps stop cuts and scrapes from bleeding too much and begins the healing process. One cup of broccoli is also a source of folate, which helps the body make healthy red blood cells and 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.

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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.