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Get Fit Fresno County!

Choose Healthy Eating and Active Living

January

Health experts recommend eating at least 5 servings of fruits and vegetables every day.

Nutrition Facts



Popeye was right! **Spinach** is good for you. Fresno County harvests healthy **spinach** in January.



Spinach is a rich source of iron, calcium, Vitamin A, Vitamin C, and folic acid.

- To get the most benefit from the iron and calcium in **spinach**, eat a Vitamin C rich food, like oranges or tomatoes, at the same time.
- **Spinach** is naturally low in fat and is a great source of fiber.
- Folic acid, important in the prevention of birth defects during pregnancy, is also abundant in **spinach**.



Raw **spinach** is great in salads and dips. **Spinach** makes a great addition to soups, casseroles, stir fries and omelets.

Getting and Staying Active



Days are short and the weather is cold in January but that should not stop you from being physically active. **Strength training** is something you can do indoors or outside, weather permitting.



Women and men of all ages and all fitness levels can benefit from **strength training** activities. Some of the benefits include: building muscle strength, maintaining bone density, improving balance and coordination, and reducing falls.



Strength training, also known as weight lifting or resistance training, is especially beneficial for older adults. **Strength training** reduces the symptoms of chronic conditions such as arthritis, diabetes, osteoporosis, and back pain and helps to maintain a healthy weight.



You don't need a lot of equipment to do **strength training**. A sturdy chair, supportive shoes, comfortable clothing and ankle and hand-held weights (2 to 8 lbs) are all you need.



Some examples of **strength training** include bicep curls, step ups, knee curls, wall push-ups, quadriceps stretch, and squats. For a free guide on **strength training** for older adults go to: www.nutrition.tufts.edu/growing_stronger/



And remember, always check with your doctor before beginning any physical activity program.

Health experts recommend getting at least 30 minutes of physical activity every day.



Get Fit Fresno County! You will find easy to read fact sheets that offer healthy eating and active living tips at www.fcdph.org