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Get Fit Fresno County!


Choose Healthy Eating and Active Living

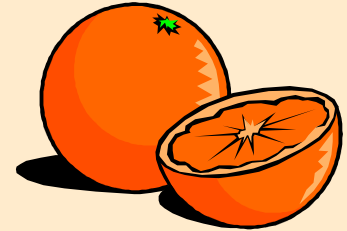
February


Nutrition Facts


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

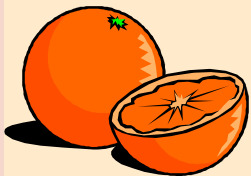
 Fresno County harvests oranges in February.

-  Oranges are full of vitamin C and fiber.
- Vitamin C helps maintain bones and teeth.
 - Vitamin C is an antioxidant that helps to reduce risks for cancer.
 - Fiber is the part of food that helps remove fat and cholesterol from the body.
 - Fiber fills us up so we want to eat less.




 One orange is one serving and has all the vitamin C your body needs for the day!


 Oranges make great snacks and an easy addition to your family's lunches.





Getting and Staying Active

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

 During the short, cool days of February, you can get moving by taking the stairs instead of the elevator.

 Taking the stairs will increase your heart rate, and strengthen your leg muscles, bones, and joints.

 An easy way to get 30 minutes is to do 10 minutes in the morning, afternoon, and evening.

 Daily physical activity can help you maintain a healthy weight, strengthen your heart and reduce your risks for diabetes, obesity, heart disease, and cancer.



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