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Get Fit Fresno County!


Choose Healthy Eating and Active Living

March


Nutrition Facts




 Fresno County harvests broccoli in the spring and fall.

 Broccoli is a nutrition powerhouse that provides generous amounts of fiber, Vitamin C, Vitamin A, and calcium.

- Vitamin C helps to keep teeth and gums healthy.
- Vitamin C is an antioxidant that may reduce the risk of some cancers.
- Vitamin A helps to form and maintain healthy skin, teeth, and eyes.

 Broccoli has as much calcium per ounce as milk. Calcium is important to maintain healthy bones.

 Snack on lightly steamed or raw broccoli with a low-fat dip.

 Broccoli is a healthy addition to any soup, casserole or



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

Staying Active



Start any physical activity routine with **warm-up** and **cool-down** stretches.



Warming-up and **cooling-down** the body is important to prevent injuries including pulled muscles and strained joints.



Warm-up for 5-10 minutes before exercising. The more intensive the activity, the longer the warm-up should be.



Cooling-down after physical activity is important too. After exercising, the heart beats faster and body temperature is higher. **Cool-down** stretches will give the body time to return to normal.



Use **warm-up** and **cool-down** stretches during moderate physical activity, like walking, as well as during vigorous activities, like jogging.



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