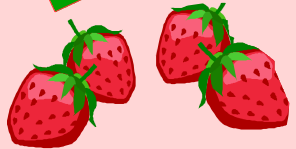


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# Get Fit Fresno County!

## Choose Healthy Eating and Active Living



### Nutrition Facts

April



- Local **strawberries** can be found in markets and at roadside stands in April.
- Strawberries** are a great source of vitamin C and folic acid.
  - Vitamin C maintains bones and teeth and helps the body to heal.
  - Vitamin C is an antioxidant that reduces cancer risk.
  - Eight medium **strawberries** have more vitamin C than one orange!
  - Folic acid protects against anemia (low iron) and some forms of cancer.
  - Folic acid is especially important for women of childbearing age because it can prevent birth defects.
- Strawberries** are naturally low in fat and calories and are cholesterol-free.
- Add **strawberries** to yogurt or cold cereals, pack as a snack, or enjoy for dessert.

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



### Staying Active



- Yard work** isn't work, it's exercise! Working around the yard, gardening and pruning bushes and trees helps you maintain your flexibility and strength and is one way to maintain a healthy weight.
- Gardening** for 30-45 minutes most days of the week has health benefits, like lowering blood pressure and reducing stress.
- Raking** and bagging leaves, **mowing** your lawn and **pushing** a wheelbarrow keeps your heart, lungs and circulation healthy with aerobic exercise.
- Bending** and **stretching**, while you weed or prune, strengthens your muscles and bones and keeps your joints flexible.

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](http://www.fcdph.org)