

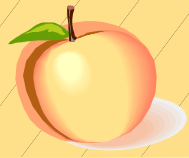
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Get Fit Fresno County!

Choose Healthy Eating and Active Living

June

Nutrition Facts



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



The **peach** and **nectarine** harvest is in full-swing in Fresno County in June.



Peaches and **nectarines** are low in fat and calories and are cholesterol-free.



Peaches have a generous amount of vitamin A and both **peaches** and **nectarines** provide vitamin C and fiber.



These nutrition-rich fruits help reduce the risk for cancer, are heart healthy and good choices for anyone watching their weight.



Enjoy Fresno County's **peach** and **nectarine** bounty all summer. They can be snacked on, blended into fruit shakes and smoothies, included in fruit salads or used as a topping over a light angel food cake.

Staying Active

Have a desk job? Take a few minutes out of every hour or two to breath, move and stretch. This will help your circulation, posture, and flexibility and keep you alert.



Deep Breathing. Breathe in slowly through the nose. Hold for 2 seconds then exhale. Repeat several times.



Head and Neck. Turn head slowly from one side to the other, holding each turn for the count of three. Repeat 5-10 times.



Upper Back. Bring arms up to shoulder height, palms down. Push elbows toward your back, chest out. Bring elbows forward, chest in. Hold each for 5 seconds. Repeat 5-10 times.



Shoulders. Roll shoulders forward 5 times using a wide circular motion. Then roll shoulders backward 5 times. Repeat cycle 5-10 times.



Lower Back. While sitting, slowly bend your upper body, placing your head between your knees. Hold for a few seconds, then sit up. Repeat 5 times.



Legs. Grasp the shin of one leg and pull slowly towards your chest. Hold for 5 seconds. Repeat with your other leg. Do both legs several times.

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