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# Get Fit Fresno County!

## Choose Healthy Eating and Active Living



### Nutrition Facts



August



Summertime is **melon** time! Look for **cantaloupes**, **watermelons** and **honeydews** among a wide variety of melons being harvested locally in August.



**Melons** are low in calories, contain no fat or cholesterol and are an excellent source of vitamins and minerals.



**Cantaloupes** and **watermelon** are rich in Beta-Carotene (Vitamin A), Vitamin C and potassium. **Watermelon** is also rich in the cancer-fighting antioxidant lycopene.



Because of their high water content, **melons** make a cool and refreshing addition to any meal or snack.



Serve **melons** with low fat ice cream or yogurt. Add to fruit salsas and salads. Dice into jellos or juice and serve over ice.

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



### Staying Active



**Dancing** burns as many calories as walking, swimming or riding a bicycle.

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

One-half hour of sustained **dancing** can burn off the calories from a slice of pepperoni pizza (350 calories!)

Regular exercise that includes **dancing** lowers your heart rate, blood pressure and cholesterol levels. **Dancing** helps to maintain flexibility.

Begin with slower, less demanding rhythms and build up to faster tempos. Starting slowly lessens the chance of pulling or straining a muscle.

**Dance** with a friend, **dance** with your children, **dance** alone....there are no rules, just the enjoyment of moving.

Instead of watching television, turn on some music and **dance**. You'll have so much fun you may forget you're exercising!



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)