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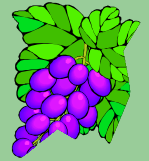
# Get Fit Fresno County!


## Choose Healthy Eating and Active Living

September






### Nutrition Facts

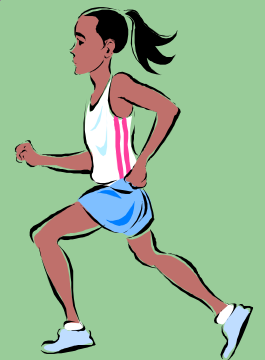








 Do you know what Fresno County's number one crop is? **Grapes!** A wide variety of **grapes**, including table grapes, wine grapes and raisin grapes, are harvested during September in Fresno County.

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

-  **Grapes**, naturally low in fat, add fiber to the diet. **Raisins** (dried **grapes**) are a concentrated source of iron.
-  Naturally sweet, **grapes and raisins**, are an excellent snack food alone or mixed in with other fresh or dried fruits or nuts.
-  No time to make a fancy dessert? Serve clusters of chilled **grapes** on a platter with several types of low fat cheese.

### Staying Active



-  **Running**, sometimes referred to as jogging, is a great way to exercise.
-  **Running** regularly can help to maintain a healthy weight.
-  **Running** regularly also prevents muscle and bone loss that often occur with aging.
-  **Running** reduces the risk of heart attacks by strengthening the heart and lowering blood pressure.
-  Don't forget to warm-up and cool-down when **running**. Not preparing your muscles for extended **running** can result in muscle strain, torn ligaments or joint pain.
-  Find a **running** partner. **Running** with someone regularly can help to keep you motivated!

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)