You need 5 to 9 servings of fruit and vegetables each day to:

- Keep your skin and eyes healthy.
- Lower your risk of heart disease, stroke, and cancers.
- Prevent constipation.
- Heal wounds faster.
- Avoid getting sick.

1 serving = 1 medium sized piece of fruit
= 3/4 cup of 100% juice
= 1/2 cup of canned, chopped, or cooked fruit or veggies

- Go for an assortment of colors everyday: green, orange, yellow, purple, red fruits and veggies.
- Add fruit to cereal, veggies.
- Make fruit smoothies.

try to drink only water for one week. pay attention to how you feel, especially when you're playing sports or exercising. continue to drink only water for longer and you'll notice an even bigger difference!

For more handouts and activities, visit www.canfit.org.
Cinco de Mayo marks the defeat of the French colonial forces at the city of Puebla. This holiday is more popularly celebrated in the U.S. than in Mexico.

Recipe of the Month: Blueberry Shake

Put 2 cups of orange juice, 1 ripe banana, 1 cup of fresh or frozen blueberries, 1/2 cup of non-fat yogurt (plain or vanilla) and 6 ice cubes in a blender and blend until mixture is smooth. Blueberries are a good source of antioxidants and vitamin C and E. They help prevent infection and lower your risk of cancers and other chronic illnesses!
Asian Pacific American Heritage Month is celebrated in the month of May in honor of the arrival of the first Asian American immigrants to the U.S. in May 1843 and the completion of the transcontinental railroad in May 1869.

Did you know? The first Asian American to be selected in the first round of the NFL draft was Eugene Chung in 1992 by New England.

Game Time!
Agawang Sulok or “Get a Corner” (Philippines)
Players: 5, 7, or 9
Equipment: 5, 7, or 9 cones to mark 20x20 ft. area like below

Each player stands in a marked area. The “it” player in the middle needs to get to a free corner while the other players dash from base to base or back to their own base. The player without a base becomes “it.”

Golden Rules of Physical Activity
- Create an environment that fosters participation by all.
- Emphasize health at every size.
- Respect different cultures within your program.

donate online at www.canfit.org

May 2008

Celebrate These Themes!
Recreation & Parks Month
National Blueberry Month
National Anti-Boredom Month

June 2008

Independence Day
Filipino-American Friendship Day

July 2008

Filipino-American Friendship Day honors the liberation of the Philippines from Japanese occupation at the end of WWII by both Filipino and American troops.
August is National Peach Month.

What’s good about peaches? They’re a great source of fiber, vitamin C, niacin, and potassium. Snacking on peaches keeps your health up and your weight healthy.

Healthy Peach Sundae Recipe:
Scoop fat-free ice cream or yogurt into a small bowl. Add a few slices of peaches and 1/4 cup of chopped almonds to the bowl.

Stretch Challenge:
Try stretching your body for 10 minutes every day, especially before and after physical activity. Do slow shoulder shrugs, arm circles and trunk twists in both directions. Reach for your toes and reach for the sky. You’ll increase your flexibility and reduce injuries!
Khmer (Cambodian) folk dance tells stories of farm life, romance and folk tales. The routines are upbeat, fun, and require dedicated practice.

Another form of popular dance, Khmer classical dance used to be performed only for royalty. Dancers train from a young age and learn countless movements and gestures that tell a story.

These dances exemplify a cultural way to engage youth in physical activity.

Cambodian Dance Group of San Jose offers free classes. Visit http://www.caraweb.org/dance.htm for more info.

donate online at www.canfit.org

Recipe of the Month: Cambodian Tomato Salad & Dressing

Salad: Mix 1/3 cup of roasted and coarsely grounded peanuts, 1 lb. of plum tomatoes in 1/4" slices, 1/2 a cucumber in thin slices, 1/2 cup of mint leaves, and 1/2 cup of basil leaves in a large bowl.

Dressing: Boil 1/4 cup of water, add 1/2 cup of sugar, and let cool. Stir in 1 clove of thinly chopped garlic, 1/2 cup of fish sauce, and 2 cups of lime juice. Toss with salad.

(From Quick and healthy Cambodian Cuisine, Families in Good Health)
did you know? the first hispanic american to be inducted into the baseball hall of fame was roberto clemente in 1973.

Hispanic Heritage Month is celebrated in the month of September in honor of the independence days of several Latin American countries, including Mexico, Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua.

Game Time!
El Vigia Ciego or “The Blind Watchtower” (Mexico)
Players: 12 or more
Equipment: scarf (optional)
The person in the middle, the watchtower, is blindfolded or keeps his eyes closed. The other players form a circle around the watchtower. While the watchtower tries to touch one of the players, the players can move around to avoid getting touched as long as they keep holding hands in a circle. If a player is tagged, the watchtower will ask the player to make a sound (e.g., “meow”). If the watchtower recognizes the player’s voice, that player becomes “it.”

Celebrate These Themes!
National Nutrition Month
National Peanut Month
National Women’s History Month
Youth Art Month

Día de Benito Juárez commemorates this 19th century leader of resistance against foreign invasion in Mexico.

César Chávez Day honors César Chávez, a Mexican American farm worker, labor leader, and civil rights activist.

- Corn tortilla with beans and salsa.
- Frozen waffles, pancakes, or French toast topped with fresh fruit and yogurt.
- Low-fat yogurt with fresh fruit.
- Ready to eat cereal with fresh fruit.

- Whole wheat toast with peanut butter and sliced bananas.
- English muffin with ham or Canadian bacon, tomato, and scrambled egg.
- Almond butter on whole wheat toast.

Healthy Breakfast Ideas
- Ready to eat cereal with fresh fruit.
- Corn tortilla with beans and salsa.
- Frozen waffles, pancakes, or French toast topped with fresh fruit and yogurt.
- Low-fat yogurt with fresh fruit.
- Ready to eat cereal with fresh fruit.

St. Patrick’s Day
Dia de Benito Juarez
(Mexico)

Easter Sunday

March 2008

For more handouts and activities, visit www.canfit.org.


### Women’s History Fact

After winning the right to vote in 1920, women have played increasingly larger roles in government. In 2000, Hilary Clinton became the first former First Lady to be elected to public office as a U.S. Senator from New York. In 2007, she began her campaign as a Democratic presidential candidate.

### Ramadan

Ramadan is all month! Muslims fast from sunrise to sunset everyday.

### Mid-Autumn Festival

The Mid-Autumn Festival is a huge harvest celebration. Mooncakes are a popular dessert. **Independence Day** honors the Mexican war of independence from Spain from 1810-1821.

### Celebrate These Themes!

- **Hispanic Heritage Month**
- **Chicken Month**
- **Better Breakfast Month**

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**What Should I Be Drinking?**

The Dietary Guidelines for Americans (2005) advises that children should substantially reduce added sugar intake. Regular soft drinks account for the greatest percentage of added sugars in the American diet.

#### Here are Some Drinks That are Better For You:

- **Water** (add lemon or cucumbers to pep it up)
- 100% fruit juice with no added sugar
- Carbonated water mixed with 100% fruit juice
- Non-fat or 1% low-fat milk
- Vegetable juice with no added sugar
- Smoothies
- Unsweetened teas

#### Try Our Water Challenge!!

See if you can drink 8 cups of water everyday for one week.

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**Nutrition and Activity Matters**

It’s important to treat your body well because this affects how you feel.

If you don’t eat enough, you may have trouble concentrating, feel dizzy or may have headaches. You can be irritable and moody or may feel tired. You may have stomachaches or be constipated. You may have low weight/little muscles. You may get sick more often or have dull dry hair/brittle nails/flaky skin.

If you eat too much sugar and fat, you can gain weight, develop heart disease and diabetes, and can have tooth decay, stomachaches, and diarrhea.

If you don’t drink enough water, you may not be able to concentrate, may feel dizzy, have headaches, be constipated, or feel tired.

If you’re not active enough, you can gain weight, be constipated, feel tired, have low weight/little muscles, or develop heart disease and diabetes.

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**For more handouts and activities, visit www.canfit.org.**

donate online at www.canfit.org
Is this PHAT or FAT?

BK Whopper with Cheese

Once a week for 12 pounds a year

Fat

Activity: Reading Food Labels

Take a look at the nutrition label on your favorite snack food. How much sugar and fat are in one serving? How many servings are in one package? Get a bag of sugar, a tub of margarine and a teaspoon. Measure out the sugar and fat in one package of the snack food into separate plastic zip bags. You might be surprised! Tip: 4 grams of sugar/fat = 1 teaspoon.

donate online at www.canfit.org

October 2008

For more handouts and activities,
visit www.canfit.org.

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October 2008

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visit www.canfit.org.
February 2008

Black History Month is celebrated in the month of February in honor of several people and events. In the month of February, Frederick Douglass, Abraham Lincoln, and W.E.B. DuBois were born. Malcolm X died. Hiram R. Revels took his oath of office as the first black U.S. Senator. The 15th Amendment passed, granting black people the right to vote. The NAACP was formed. A group of black Greensboro, N.C. college students began a sit-in at a segregated Woolworth’s lunch counter.

Did You Know?
African Americans are almost two times more likely to have Type 2 diabetes than the general population?

Lower your risk of diabetes by engaging in regular physical activity and consuming less sugar. For example, take daily walks and drink less soda.

donate online at www.canfit.org

Game Time!
Da Ga or “Boa Constrictor” (Ghana)

Players: 12 or more  Equipment: cones to mark 30x30 ft play area and “home” area.

One player is the snake and must try to tag the other players to grow longer. If a player is tagged, they must join hands with the snake and continue the chase. Only the players at the end of the snake chain may tag, and the original snake can choose who will be at the ends. If the snake breaks because they let go of hands, the other players can tag the snake and make it go “home,” where the snake can rejoin and start again. Game over when everyone is caught.

Celebrate These Themes for the Month!
Diversity Awareness Month
Family Health Month
Seafood Month
Breast Cancer Awareness Month

End-UI-Fit (Islamic) or “breaking of the fast”
End of Ramadan

Indigenous People’s Day

Halloween
See Oct 2007 CANFit newsletter for Healthy Halloween Treats

Indigenous People’s Day honors American Indians. It is a U.S. holiday also known as Columbus Day.
American Indian Heritage Month was first celebrated in 1990.

Did You Know?
According to a CANFit survey, body image was a major issue among many ethnic groups, especially American Indian adolescents.

It’s important to be healthy at every size. A thin person who has a diet high in fat, sugar, and sodium is far less healthy than a larger person who eats a healthy diet. People come in all shapes and sizes, it’s what’s on the inside that counts, and looks can be deceiving!

Promote a healthy body image by:
- Celebrating the diversity amongst the youth participating in your program.
- Increasing your youth’s awareness about what body image is, and the influences that are a part of their everyday lives.
- Making exercise a fun participatory activity that all body shapes and sizes can enjoy.
- Serving balanced snacks that includes foods from all the food groups.

Healthy Lives CANFit For Kids

Game Time!
Stealing Sticks! (U.S. Choctaw Indians)
Players: 12 or more Equipment: 10-12 sticks or bean bag and 30x30 ft. area.
The area should be marked in half and on the far ends of the areas, mark a circle and place half of the sticks in each circle. The two teams try to steal sticks from the circle in the opposing team’s field without being tagged. The players take their stolen sticks to their team’s circle. If a player is tagged, that person must do some physical activity (e.g., 10 jumping jacks) before returning to the game. Players can only be tagged in their opposing team’s field. The team with the most or all of the sticks wins.

For more handouts and activities, visit www.canfit.org.
**Tips for Healthy Weight**
- Choose a variety of grains daily, especially whole grains.
- Eat a variety of fruits and vegetables (5-9 servings daily).
- Choose a diet low in saturated fat and cholesterol and moderate in total fat.
- Choose foods and beverages low in sugar.
- Choose and prepare foods with less salt.
- Get at least 60 minutes of physical activity each day.
- Spend less than two hours per day in front of a TV or computer screen.

**Did You Know?**
If you drink a can of soda every day for a year, you will consume 32 pounds of sugar! That’s like consuming about 3 bowling balls made of sugar!

**November 2008**

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| All Souls Day  
(Mexico and Philippines) | Veterans Day | **Dia de los Muertos** is also called All Saints Day and honors those who have passed away as infants and children. | 12 | **All Souls Day** honors those who have passed away as adults. | 13 | 14 | 15 |
| 16     | 17     | 18      | 19        | 20       | 21     | 22       |
| Universal Children’s Day | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |

For more handouts and activities, visit [www.canfit.org](http://www.canfit.org).
New Year’s Resolution
Exercise at Home!

During winter, we find ourselves spending more time inside. Try this Family Circuit to stay active at home. Have a person at each station and switch after 30 or more seconds.

Station 1 - Jog in place or do jumping jacks. It’s the easiest way to move and burn calories without traveling any distance.

Station 2 - Push-ups. Your hands should be shoulder width apart and at the edge of your shoulders as you come down. If on your knees, make sure that your stomach comes close to the ground.

Station 3 - Sit-ups. Keep your lower back flat and your hands to the side. Bring your head and shoulders up together no higher than your knees. When you do this, squeeze your abdomen for one second, then bring it down and relax. Make sure to leave a space between your chin and the top of your chest to avoid pulling at your neck.

Station 4 - Front Raise Squats
Squat down with your arms out forward, keeping your back straight and head up, until your thighs are parallel to the floor. Push up with the legs to bring your body back up and relax the arms.

What We Do

CANFit works with organizations serving low-income ethnic youth. State and national research indicate that low-income, ethnic adolescents have the highest incidences of poor nutrition and physical inactivity.

The CANFit Program
- Provides training and technical assistance to youth serving organizations and others working to improve nutrition and physical activity in communities of color.
- Develops, evaluates, and disseminates culturally-appropriate nutrition and physical activity educational materials and social marketing programs.
- Advocates for policy changes that enhance nutrition and physical activity in after school and community settings at the state and local level.
- Offers academic scholarships for students pursuing studies in nutrition, physical activity or culinary arts.

For more handouts and activities, visit www.canfit.org.

- CANFit Fact Sheets
- CANFit Newsletter
- P.H.A.T Multi-media Package
- CANFit Connection
- Preventing Obesity in the Hip-Hop Generation
- CANFit Super Manual
- Recipes for Success
- Do More, Watch Less
- CANFit Material
- find more information at www.canfit.org

donate online at www.canfit.org
### CANFit’s Mission

*CANFit engages communities and builds their capacity to improve the nutrition and physical activity status of California’s low-income African American, American Indian, Latino, Asian American, and Pacific Islander youth 10 to 14 years old.*

### Celebrate These Themes!

- Stress Free Holidays Month
- Bingo Month
- Read a New Book Month

### December 2008

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- **World Food Day**
- **Kwanzaa begins**
  - (African American)

**Kwanzaa** is patterned after an East African harvest festival. The colors used for decorations symbolize different things: RED for the struggle and blood of ancestors, BLACK for the beauty of black people, and GREEN for youth and renewed life.

**Rosa Parks** defied segregation by refusing to give up her seat to a white man on a bus in 1955.