June 2008

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

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
= a 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, yogurt, and ice cream.
+ Make fruit smoothies.

Health Challenge:
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!

donate online at www.canfit.org

CANFIT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Native American Citizenship Day 2	3	4	5	6	7
8	9	10	11	Independence Day (Philippines) 12	13	14
Father's Day (U.S. & Mexico) 15	16	Commemoration of the 1838 Trail of Tears 17	18	Juneteenth (announcement that finally freed Texas slaves in 1865) 19	20	21
22	23	24	25	26	27	28
29	30					

Independence Day in the Philippines commemorates the declaration of independence from Spain in 1898.

Native American Citizenship Day honors the day Congress enacted a law granting American Indians citizenship.

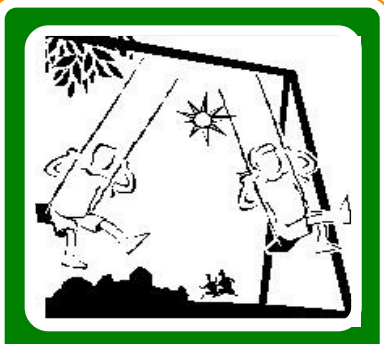
The 1838 Trail of Tears refers to the forced relocation of Cherokee Indians that resulted in the deaths of more than 1/4 of the population.

Celebrate These Themes!
National Fresh Fruits and Vegetables Month
Turkey Lovers Month
Dairy Month

June 2008

July 2008

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



For National Parks and Recreation Month, promote outdoor activities such as taking a walk or playing outdoor games or sports at a nearby park or safe outdoor area.

Some parks have nature trails and hiking trails. Other parks offer other cool things to do, like paddle-boating. Bring comfortable shoes, sunblock, and a bottle of water.

Visit www.parks.ca.gov for more info about California parks.

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!

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CANFIT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Celebrate These Themes! Asian Pacific American Heritage Month Physical Fitness and Sports Month National Bike Month National Salad Month		*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.		1	2	3
4	Cinco de Mayo (Mexico) 5	6	7	8	9	10
Mother's Day 11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	Memorial Day 26	27	28	29	30	31

May 2008

May 2008

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

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 trancontinental railroad in May 1869.

Did you know?

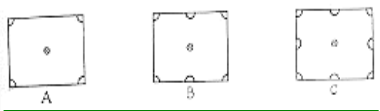
The first Asian American to be selected in the first round of the NFL draft was Eugene Chung in 1992 by New England.

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 playes 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

CANFIT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Celebrate These Themes! Recreation & Parks Month National Blueberry Month National Anti-Boredom Month		1	2	3	Independence Day Filipino-American Friendship Day 4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	CANFit's 15th Anniversary 23	24	25	26
27	28	29	30	31		

Filipino-American Friendship Day **honors the liberation of the Philippines from Japanese occupation at the end of WWII by both Filipino and American troops.**

July 2008

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

August 2008

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 almomds 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!

donate online at www.canfit.org

CANFIT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Celebrate These Themes! Youth Sports Safety Month National Pecan Month Stress Awareness Month		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Cambodian, Thai, Laos New Year

Gathering of the Nations Powwow (American Indian)

Cambodian, Thai, and Laos New Year **is at the end of the dry season and the beginning of the rainy season. Myanmar and Sri Lanka also celebrate the new year around these dates.**

Gathering of the Nations Powwow **is the largest powwow in North America, attracting over 500 tribes from the U.S. and Canada.**

April 2008

April 2008

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

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 peformed 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.

Recipe of the Month: Cambodian Tomato Salad & Dressing

Salad: Mix 1/3 cup of roasted and coarsly 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)

donate online at www.canfit.org

CANFIT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Celebrate These Themes! Family Fun Month National Catfish Month National Peach Month National Picnic Month			*Dia de la Raza* celebrates the Hispanic heritage of Latin America, recognizing all the ethnic and cultural influences in the Americas.		1	2
3	4	5	6	7	8	Indigenous People Day (U.N.) 9
10	Dia de la Raza (Latin America) 11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

August 2008

September 2008

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

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.

Did you know?

The first Hispanic American to be inducted in to the baseball Hall of Fame was Roberto Clemente in 1973.

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."

Healthy Breakfast Ideas

- 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.

donate online at www.canfit.org

CANFIT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Celebrate These Themes! National Nutrition Month National Peanut Month National Women's History Month Youth Art Month		***Dia de Benito Juarez*** commemorates this 19th century leader of resistance against foreign invasion in Mexico. ***Cesar Chavez Day*** honors Cesar Chavez, a Mexican American farm worker, labor leader, and civil rights activist.				1
2	3	4	5	6	7	8
9	St. Patrick's Day Dia de Benito Juarez (Mexico) 10	11	12	13	14	15
Easter Sunday 16	17	18	19	20	21	22
23 30	24 Cesar Chavez Day 31	25	26	27	28	29

March 2008

March 2008

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

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.

What Should I Be Drinking?

How much soda should I drink?

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.

What About Diet Sodas?

According to the University of Arizona Cooperative Extension, "No artificial sweetener should play a major role in a healthful 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

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.

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CANFIT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ramadan is all month! Muslims fast from sunrise to sunset everyday.	Labor Day 1	2	3	4	Cherokee Nation Day 5	6
7	8	9	10	11	12	13
Mid-Autumn Festival (China, Vietnam) 14	15	Independence Day (Mexico) 16	17	18	19	20
21	22	23	24	25	Native American Day 26	27
28	29	30				

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

September 2008

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

October 2008

Outside the Wrapper and in Between the Bun

Before you go to a fast food burger place for a meal with your family, you might want to know some things.

Your burger started out as a cow at a dusty, dirty feedlot waiting to be slaughtered. 1/4 of the cows there are sick or are old dairy cows.

The cows are fed dead pigs, horses, poultry, sawdust, newspaper, liquid fat and protein. They also stand and lie in their own poop in overcrowded lots, which makes the perfect environment for your burger to be contaminated. In fact 50% of feedlot cattle are contaminated with E. coli.

Other opportunities for contaminations occur during the gutting of cows and poor handling at the fast food restaurant.

What can you do?
- Stop eating fast food, or eat it less often.
- Educate others.
- Take a cooking class and learn to make your own yummy food with fresh ingredients.

Is this PHAT or FAT?

Once a week for a year = 12 pounds of 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 maragrine and a teaspoon. Measure out the sugar and fat in one package of the snack food into separate plastic zip baggies. You might be surprised! Tip: 4 grams of sugar/fat = 1 teaspoon.

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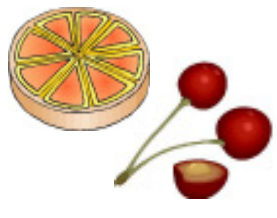
CANFIT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Celebrate These Themes! Black History Month National Grapefruit Month National Cherry Month American Heart Month		*Tet* is the Vietnamese celebration of the Lunar New Year. People spend time with their families, exchange gifts, decorate their homes and light firecrackers. Families might put up a long bamboo stick decorated with charms and paper as a "new year tree" too!			1	2
3	4	5	6	Lunar New Year (China, Tibet, Vietnam) 7	Tet (Vietnam) 8	9
10	11	Lincoln Day 12	13	St. Valentine's Day (U.S., Mexico, Japan) 14	15	16
17	Presidents Day 18	19	20	21	22	23
24	25	26	27	28	29	



February 2008

February 2008

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

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.

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.

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CANFIT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Celebrate These Themes for the Month! Diversity Awareness Month Family History Month Family Health Month Seafood Month National Vegetarian Month Breast Cancer Awareness Month			1	Eid-Ul-Fitr (Islamic) or "breaking of the fast" End of Ramadan 2	3	4
5	6	7	8	9	10	11
12	Indigenous People's Day 13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	Halloween See Oct 2007 CANFit newsletter for Healthy Hallow-een Treats 31	*Indigenous People's Day* honors American Indians. It is a U.S. holiday also known as Columbus Day.

October 2008

November 2008

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

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 healthful 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 particpating 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.

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.

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CANFIT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Celebrate These Themes! Hot Tea Month National Oatmeal Month National Soup Month		New Year's Day 1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	Martin Luther King Jr. Day 21	22	23	24	25	26
27	28	29	30	31		

Healthy Weight Week

Martin Luther King Jr. Day celebrates the birthday of MLK Jr, an American civil rights leader. He was actually born on January 15, 1929.

January 2008

January 2008

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!

donate online at www.canfit.org

CANFIT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Celebrate These Themes! American Indian Heritage Month, Child Safety Protection Month, Peanut Butter Lovers Month		*Dia de los Muertos* is also called All Saints Day and honors those who have passed away as infants and children. *All Souls Day* honors those who have passed away as adults.		On both days people participate in ceremonies, put up decorations, light fireworks and hold candlelight vigils. On these days, it is believed that the spirits of the deceased will pay a holiday visit to their families and friends.		Dia de los Muertos (Mexico and Philippines) 1
All Souls Day (Mexico and Philippines) 2	3	4	5	6	7	8
9	10	Veterans Day 11	12	13	14	15
16	17	18	19	Universal Children's Day 20	21	22
23 / 30	24	25	26	Thanksgiving Day 27	28	29

November 2008

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

December 2008

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.

(Family Circuit Continued)

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.

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Find more information at www.canfit.org.

Workshops
- Recipes for Success
- Do More, Watch Less
- Preventing Obesity in the Hip-Hop Generation

Material
- CANFit Super Manual
- P.H.A.T. Multi-media Package
- CANFit Connection Newletter
- CANFit Fact Sheets
- Policy Briefs

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.

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.**

CANFIT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Celebrate These Themes! Stress Free Holidays Month Bingo Month Read a New Book Month	Rosa Parks Day 1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	World Food Day 16	17	18	19	20
21	22	23	24	Christmas Day 25	Kwanzaa begins (African American) 26	27
28	29	30	New Year's Eve 31			

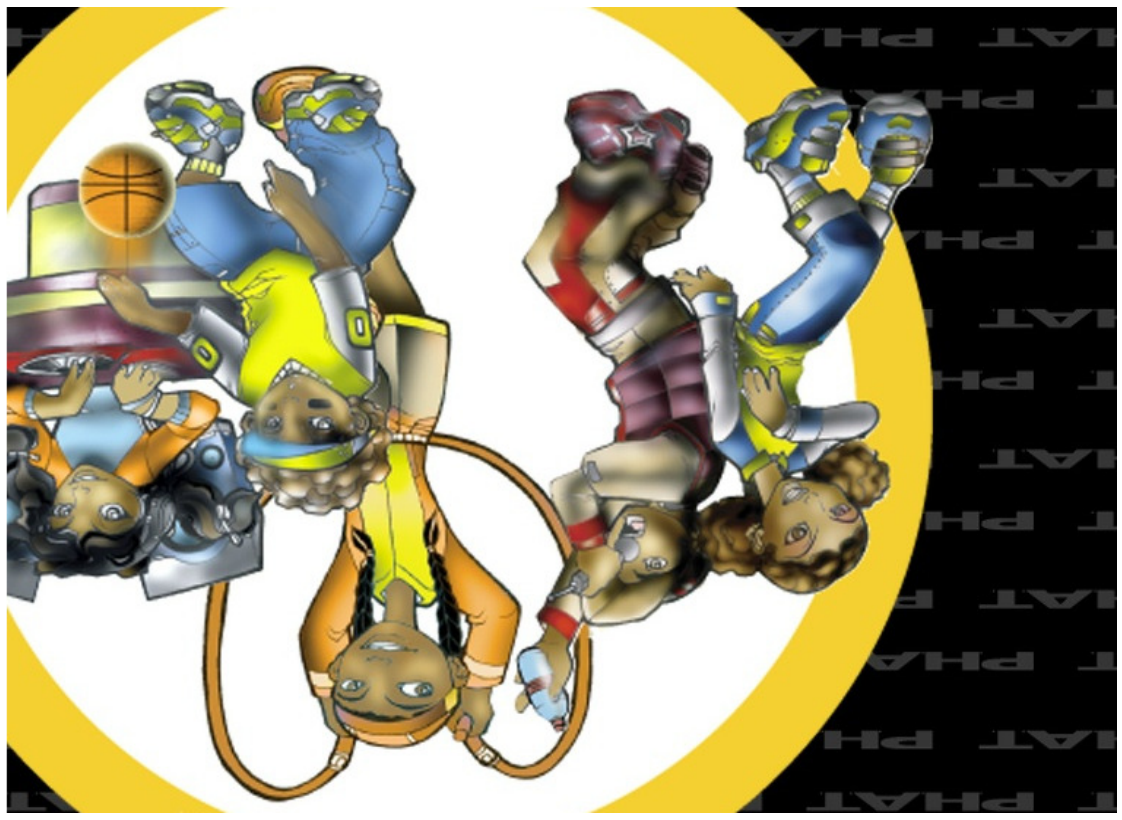
Kwanzaa **is patterned after an East African harvest festival. The colors used for decorations symbolize different things: RED for the struggle and blood of ancestors, BLACK for the beauty of black people, and GREEN for youth and renewed life.**

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

December 2008

CALIFORNIA ADOLESCENT NUTRITION AND FITNESS PROGRAM

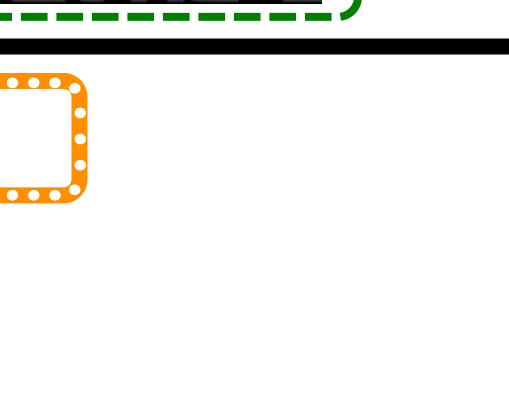
CANFIT



2008 Multicultural Calendar

CANFIT

CALIFORNIA ADOLESCENT NUTRITION AND FITNESS PROGRAM



Download handouts, purchase materials and donate online at www.canfit.org.

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