

# CANFIT

## Connection



The Quarterly Newsletter of the California Adolescent Nutrition and Fitness Program

July  
2007

### In this issue:

“Gymnastics”  
(p.1-2)

Fresh Peach Salsa

Scholarship  
Awards  
(p.2)

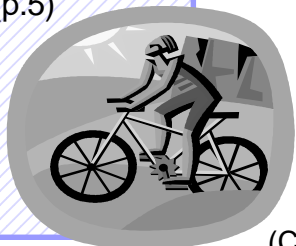
Spanish-language  
Column

Mark Your  
Calendar  
(p.3)

Meet New Staff

Legislation Update  
(p.4)

How Does Your  
Drink Measure Up?  
(p.5)



## “Gymnastics” for Your After School Program

When you hear of gymnastics, you might think of back flips on the floor and swinging on the bars. But gymnastics doesn't always have to mean taking classes and having fancy equipment. Here are three ways you can incorporate gymnastics inspired activities into your youth program.

### 1. Skills and Tricks –

- Twists – Gymnasts often incorporate twists into their tricks. You can try some twisting as well! One way to start off is to hold a basketball (or any other object) and twist from side to side. For your aspiring gymnasts, you can have them try to jump up and twist. Start with a jump half turn and then move up to a jump full turn. To make it even more challenging, try to land in the same spot.
- Gymnastics combos – Are you tired of the same old jumping jacks routine? Here are some different types of jumps that can help your youth develop their skills in a variety of activities. Practicing different types of jumps can help improve jump shots in basketball and jumps are often incorporated into dance routines. You can have the youth in your program make up different combinations of the following jumps:
  - Straight jumps (see how high you can jump up in the air!)
  - Tuck jumps (jump and bring your knees up to your chest)
  - Straddle jumps (form an X in the air)
  - Split jumps (split your legs in the air)
  - Pike jumps (jump your legs straight out in front of you – this one is pretty challenging!)

### 2. Conditioning –

- Wall sits – Line everyone up against a wall and slightly bend your knees. While in this position, pass a ball up and down the line – see how many times you can pass the ball within 30 seconds.
- One-foot balance – Stand on one foot and lift your other leg as high as you can in front. For variations, you can try to hold your foot out to the side or in the back. To add an extra challenge, straighten your leg. L-hold – sit on a chair and try to lift yourself (and your feet if you are up to the challenge!) off the chair using your arms. For an extra challenge, try it with your legs straight out in front of you so that your body forms the letter L.

(Continued on Page 2)

# “Gymnastics” for Your After School Program

(Continued from Page 1)

## 3. Stretching and balance –

- Balance – see if you can balance on one foot. If that’s too easy, try it with your eyes closed.
- Stretch – gymnasts are known for their flexibility, but being flexible doesn’t always mean doing the splits. To increase your flexibility, be sure to stretch every time you exercise and try to hold each stretch for at least 30 seconds.

*Safety Tip! When incorporating new skills or activities into your after school program, it is always a good idea to make sure there is plenty of room to do the activity and that the youth are supervised when they first try something out.*

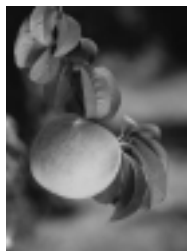


Including new skills like the ones mentioned above can not only break up the routine, but may also spark some creativity in your program participants. Have your youth come up with their own “gymnastics” circuit and activities. You may be surprised by the number of aspiring gymnasts in your program!

## Fresh Peach Salsa

***Peaches are now in season. This delicious salsa would be perfect in fish tacos or with low-fat tortilla chips.***

- 2 c chopped, peeled, fresh peaches
- 1/4 c chopped sweet onion
- 3 T lime juice
- 3 T finely chopped, seeded, fresh jalapeno peppers
- 1 clove garlic, minced
- 1 T snipped fresh cilantro



In a medium mixing bowl, stir together peaches, onion, lime juice, peppers, garlic, and cilantro. Cover and chill for 1 to 2 hours.

Nutritional facts per 2 T serving: 12 calories; 0 g total fat; 0 g saturated fat; 0 mg cholesterol; 0 mg sodium, 3 g carbohydrate; 1 g fiber; 0 g protein, 5% vitamin C, 0% calcium, 0% iron. This recipe serves/makes 2 c. From: [cdkitchen.com](http://cdkitchen.com).

## 2007-2008 Scholarship Awards

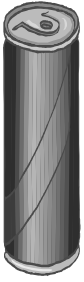
CANFit is pleased to announce that it has awarded its 2007-2008 Nutrition, Physical Education and Culinary Arts Scholarships to Samira Jones and Jason Harvey.



Samira is currently attending the University of California, Davis where she is pursuing a PhD in Nutritional Biology and studying to become a Registered Dietician. She has a strong professional background in public health, specifically community health education, epidemiology and program management. Samira plans to develop a targeted nutrition and health education intervention to positively influence low income African Americans in California about the intake of omega-3 fatty acids from fish, Type 2 diabetes prevention, and physical activity methods.

Jason Harvey will be enrolling in the Nutrition Consultant program at Bauman College. He started the Oakland Food Connection which encourages people from communities of color to become urban gardeners, farmers, nutrition educators, and community chefs as well as serves nutritious lunches at local high schools. He hopes to eventually enter graduate school in a Cultural Anthropology and Social Transformation program. These studies will all lead to increasing the capacity of the Oakland Food Connection and to meet the needs of the residents of that community.

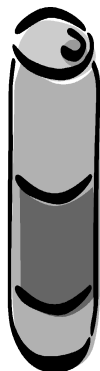
## ¿Energía o no?



¿Que tienen en común El Popo, Caballo Negro y Tampico Energy? Son nuevas “bebidas de energía” que unas corporaciones están vendiendo a la comunidad latina, y en particular a los adolescentes latinos. Según la empresa de investigaciones del mercado AC Nielsen, más que doscientas nuevas bebidas de energía fueron lanzadas en el 2006. La estrategia de enfocar anuncios de estas bebidas a comunidades específicamente étnicas es más que nada una manera de añadir ganancias a una industria que ya vale \$3.7 billones de dólares.

Aunque muchas veces está incluido en la misma categoría que las bebidas deportivas, la “bebida de energía” no está reconocido actualmente por el Departamento de Agricultura de los Estados Unidos (USDA) ni La Administración de Drogas y Alimentos (FDA). La industria bebida se ha “auto-definido” la “bebida de energía” como una bebida que contiene cafeína en combinación con otros ingredientes (por ejemplo, yerbas, amino-ácidos, vitaminas y edulcorantes artificiales). Los jóvenes se las definen como fuentes de un “buzz,” un “high” o un “boost” y beberlas llama a sus deseos de aventurar y atreverse, un hecho que utilizan los anuncios con imágenes de un volcán derramando fuego, un caballo rodeado por alambre de espino y los colores de la bandera mexicana, y un gallo salvaje. También atraen a los jóvenes latinos con eslóganes como “El mas bravo,” “The hardest kick” y el uso del nombre del volcán famoso mexicano, Popocatepetl.

Entonces, ¿qué problema hay en beber los jóvenes las “bebidas de energía?” Consumir más que cien miligramos al día de cafeína está relacionado con alta presión sanguínea en los adolescentes. Porque la cafeína es una diurética, también existen riesgos más altos de deshidratación, especialmente cuando estas bebidas están utilizados para aumentar a las habilidades deportivas. Los riesgos de deshidratación inducido por la cafeína son tan altos que el Colegio Americano de Medicina Deportiva ha



avisado a los deportistas secundarias que no beban las “bebidas de energía.” Desgraciadamente, todavía no entendemos totalmente los efectos, a corto plazo y largo plazo, para la salud de muchos de los ingredientes (por ejemplo, taurine, guarana, yohimbe, inositol, etc.) encontrados en las “bebidas de energía.”

Así que la próxima vez que usted ve a un joven en su programa extracurricular agarrando a una “bebida de energía” informarlo que la energía verdadera viene de hacer actividad física diariamente, comer una dieta equilibrada y dormir al menos ocho horas cada noche, no de El Popo, Caballo Negro y Tampico Energy.

## Mark Your Calendar



- JULY is National Recreation and Parks Month.

- August 9, International Day of the World's Indigenous People. United Nations.

- August 11-12, 14th Annual Pistahan Parade and Festival, San Francisco. The Filipino American Arts Exposition celebrates the Philippines of today and yesterday. The goal of the event is to broaden awareness, deepen the understanding and celebrate Filipino history, achievements and culture both within the community and the community at large. See [www.pistahan.net](http://www.pistahan.net) for more information.

# Meet CANFit's New Staff

CANFit welcomes our new full-time Program Assistant, **Emie Mitsuno**. Emie is excited to join the CANFit team and learn more about the public health field. Emie graduated from the UC Santa Cruz with a BA in Sociology. Since graduating, she has worked with various local after school programs and children's advocacy groups. Before starting at CANFit, she spent a year in the Japanese Teaching and Exchange (JET) Program teaching English and organizing international exchange events at an all-girls' high school in Hitachi City, Japan. In her spare time she enjoys jogging, cooking and traveling.



**Amy Huang** is the newest edition to CANFit. As an Intern for the summer, she is excited to be working on various projects including a snack guide and a new physical activity campaign. She is a former competitive gymnast and hopes to be able to apply her gymnastics teaching experience and nutrition background to CANFit's programs. Amy has just finished her first year as an MPH student at UC Berkeley School of Public Health, where she is a part of the Public Health Nutrition program. She has undergraduate degrees, also from UC Berkeley, in both Public Health and Nutritional Science. She has a varied experience in public health including work for the West Nile Virus surveillance project with the California Department of Health Services and projects with language and cultural access with Asian Health Services in downtown Oakland. She has also worked with the Center for Weight and Health at UC Berkeley. In her spare time, she enjoys swimming, cooking, and making pots in the ceramics studio.

## Legislation Update

For the most current information on these and other legislation, see [www.cfpa.net](http://www.cfpa.net) or [www.publichealthadvocacy.org](http://www.publichealthadvocacy.org).

SB 20 (Torlakson) Increases reimbursement rate for free and reduced-price meals. In Assembly Education.

AB 86 (Lieu) Prohibits trans fat in schools. In Assembly Health Committee.

AB 90 (Huffman) Prohibits trans fat in school lunches. In Assembly Appropriations.

AB 92 (Garcia) Requires over 500 schools to offer healthy breakfasts. In Assembly Appropriations.

AB 93 (Garcia) Prohibits trans fat. In Assembly Health.

AB 97 (Mendoza) Prohibits trans fat. Passed Assembly Appropriations. In Senate Health.

SB 107 (Alquist) Provides residents of underserved communities with retail food markets that would offer high quality fruit, and vegetables. In Senate Appropriations.

SB120 (Padilla/Migden) Requires nutritional information on chain restaurant menus. Passed the Senate. In Assembly Appropriations.

AB 1503 (Fuller) Increases the reimbursement rate for school meals to enable the provision of improved nutrition standards. Passed Assembly Appropriations. In Senate Health.

Federal: S 1557 (Dodd) Enhances 21st Century Community Learning Centers Act by including physical fitness and wellness programs in the options of its activities and encourages volunteerism.

# HOW DOES YOUR DRINK MEASURE UP?

4 grams of sugar = 1 teaspoon of sugar



**Red Bull, an energy drink = 6 teaspoons**



**Vitamin Water, a flavored water = 8 teaspoons**



**Gatorade, a sports drink = 9 teaspoons**



**SoBe, a fruit drink = 18 teaspoons**



**Mountain Dew - Code Red = 19 teaspoons**



# CANFIT

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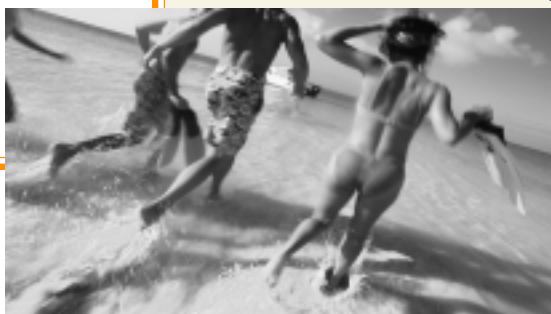
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If you did, **please** consider a tax deductible donation to CANFit. Your donation allows us to continue to provide practical resources to communities. Visit our web site at [www.canfit.org](http://www.canfit.org) and press:

**DONATE NOW**  
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Thank you for your support!

CANFit is a nonprofit organization that engages communities and builds their capacity to improve the nutrition and physical activity status of California's low-income American Indian, Latino, Asian American, Pacific Islander, and African American adolescents 10-14 years of age.

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