

---

# CANFIT

## Connection

NATIONAL NUTRITION MONTH\*  
MARCH 2008



The Quarterly Newsletter of the California Adolescent Nutrition and Fitness Program

---

**March  
2008**

### **ONLINE ART EVENT “WHERE FOOD & ART DINE TOGETHER” TO HELP STUDENTS SECURE FUNDING FOR COLLEGE**

*Art-raiser and CANFit Host Online Event to Commemorate National Nutrition Month and Benefit CANFit Scholarship Program*

#### **In this issue:**

Online Art Event  
(p.1)

CANFit Preview  
(p. 2)

Spanish Language  
Column

Mark Your  
Calendar  
(p.3)



Food has inspired many to create beautiful, captivating and unforgettable art. Today, CANFit announces a collaboration with the talented Asian-American artist and founder of Art-raiser, Kimiko Sakuma to present “Where Food and Art Dine Together.” This online art sales event will be featured on [artraiser.com](http://artraiser.com) from March 17-31, 2008. For each item sold, Art-raiser will donate 40% of its proceeds to CANFit’s Scholarship Program to support students of African-American, American Indian, Alaska Native, Asian-American, Pacific Islander or Latino/Hispanic descent who are enrolled in college studying nutrition, physical education or culinary arts.

Ms. Sakuma states, “I am thrilled to help raise money for CANFit’s Scholarship Program. What I love about Art-raiser is the fact that the event supports the arts, a great nonprofit, and the development of community. Art-raiser unites people with a shared vision to help others and offers a platform that allows people to contribute.”

On March 17, Artraiser.com will present Kimiko’s collection of health and fitness art that can be purchased directly on the safe and secure site. Art-raiser and CANFit encourage you to support this collaboration between two universal aspects of human culture: art and food.

# CANFit Preview

Be on the look out for CANFit's newest resource, "101 Ways to Improve the Health of Your After School Program." Here is a sneak preview of simple ideas to promote nutrition:

## **Counter junk food/remove unhealthy food from your program:**

1. Make sure all foods served meet healthy nutrition standards (including party foods). Eliminate high fat, high sodium snacks such as potato chips. Also eliminate soda and other highly sweetened beverages; youth will drink water! See Applying the New 2000 USDA Dietary Guidelines to Your After School Program at: [http://www.canfit.org/pdf/newsletter\\_fall\\_2000\\_supplement.pdf](http://www.canfit.org/pdf/newsletter_fall_2000_supplement.pdf).
5. Develop signs or posters that give nutritional information for popular snack items like chips and soda so that youth become aware of what they are eating.

## **Provide healthy food:**

11. Make healthy dinners available for after school program youth and their families to take home for free or at minimal cost.

## **Include cooking in your program:**

17. Have youth compete in an Iron Chef competition to promote healthy cooking through creativity. Let them vote on which healthy ingredient (such as a certain fruit or vegetable) to use.

## **Promote nutrition and health during parties, fundraisers and fieldtrips too:**

25. Host a craft fair instead of a bake sale and include at least one physical activity as a fundraiser each year (i.e., car wash, walkathon, jump rope-athon).

CANFit is in the process of pilot testing "Ethnogames for Adolescent Youth." Try this Chinese game from Ethnogames in honor of the Lunar New Year.

### **1, 2, 3 Dragon**

Origin: China

Equipment: Scarf (optional)

Players: 10 or more

Area: Indoors/Outdoors 20x20 ft min space

Object of the Game: To reach the tail of the dragon once you become the head.

How to Play: 10 or more people form a line with each player holding the shoulders of the person in front of them. The person in the front is the "Head." The person at the back of the line is the "Tail." The teacher instructs the group to start jogging. When the tail shouts "1,2,3 dragon!," the head leads the line and tries to catch the tail. The line must stay together the whole time. If the dragon breaks, then the head moves to the end of the line and becomes the tail. The second person in line now becomes the head.

Another variation of the game is to place a scarf, handkerchief, or other object in the tail's back pocket. The head would have to grab this object out of the tail's pocket. If a player can't reach the tail, have a time limit so that everyone has a chance to be the head and the tail.

Did you know? 1,2,3 Dragon originated in China and is played to celebrate the New Year. The Chinese New Year is celebrated with dancing dragons, games, and food. Dragons are important to Chinese culture because they symbolize good luck.



## Mejorar Su Estilo de Vida

Los primeros meses de un año nuevo es una buena oportunidad para evaluar tu salud y hábitos. Cambiar tu estilo de vida y adquirir más hábitos saludables es muy importante para tu salud y tu familia. Cada persona tiene la oportunidad de autoevaluar su rutina diaria, nunca es tarde, para analizar si tiene una vida sedentaria y si come saludablemente. El primer paso es reconocer si tiene un estilo de vida sedentaria y empezar a cambiar poco a poco. ¿Que es una vida sedentaria? Si su vida física diaria es mínima, se la pasa sentado, acostado y mirando televisión/esta en la computadora la mayoría del día, y no hace actividad física, tu tienes un estilo de vida sedentario. Acuérdense que si tú tienes una vida sedentaria, es más probable que tus tiendas al sobrepeso u obesidad, una condición que desarrolla muchos problemas de salud como Diabetes tipo2, problemas del corazón, hipertensión arterial y mucho más.



Con las siguientes recomendaciones tiene la oportunidad de hacer cambios para tener una calidad de vida y mejorar tu vida rutinaria. “Acuérdate que como te ves, te sientes.” Recomendaciones Para Disminuir tu Vida Sedentaria:

1. Si tú manejas a tu trabajo, estaciona tu carro un poco más lejos de lo que acostumbras.
2. Si tú usas el autobús o el tren, bájate del autobús o tren una o dos cuadras antes de tu destino.
3. Si, trabajas 8 horas al día tienes 2 descansos de 10 minutos, vete a caminar y no te quedes sentado. (A media mañana y a media tarde.)
4. Utilicé las escaleras y no uses el elevador al menos una vez al día.
5. Levántate 10-15 minutos antes y haz sentadillas, camina o otra clase de ejercicio. “Date este regalo diario.”
6. No uses el control de la televisión y levántate cada vez que quieras cambiar el canal o el volumen.
7. Si hay mas de un baño en tu oficina, ve al baño que esta mas lejos.
8. Come más vegetales y frutas.
9. Tome mas agua, y no tome sodas.
10. Come refrigerios saludables (ejemplo: corta rajitas de jicama, pepino o apio y ponlas en una bolsita de plástico).

Acuerda que nuestra vida es nuestra responsabilidad, toma estas herramientas como un regalo de nosotros CANFit. “Tu salud esta en tus manos.”

## Mark Your Calendar

March 12-14, 2008, National After School Association 20th Anniversary Conference, Ft. Lauderdale, FL. Learn the latest in after school and summer programming. CANFit will be presenting two workshops, “Revitalizing Afterschool Food and Physical Activity Environments” and “Promoting Nutrition and Activity to Today’s Youth.” For more information, see [www.naaconference.org](http://www.naaconference.org).

March 17-31, 2008, Artraiser. Health and fitness art by Kimiko Sakuma will be sold online at [www.artraiser.com](http://www.artraiser.com) with 40% of the benefits going to CANFit’s scholarships!

March 31, 2008, CANFit Nutrition, Physical Education and Culinary Arts Scholarships deadline. See our Web site.

April 5, 2008, Transportation and Land Use Coalition’s 11th Annual Summit: Healthy Communities, Healthy Planet, Oakland, CA. January 9 deadline for session proposals. For more information, see [www.transcoalition.org/cal/summit08/index.html](http://www.transcoalition.org/cal/summit08/index.html).

April 30-May 3, 2008, Best of Out-of-School Time (BOOST) Conference, Palm Springs. One of the nation’s largest and most recognized conferences for after school and out-of-school time professionals. CANFit will be presenting “Promoting Nutrition and Physical Activity to Today’s Multicultural Hip-Hop Youth.” For more information, see [www.boostconference.org](http://www.boostconference.org).

July 23, 2008, CANFit’s 15th Anniversary. Look for upcoming news about the celebration!



CALIFORNIA ADOLESCENT NUTRITION AND FITNESS PROGRAM

Arnell J. Hinkle, MPH, RD, CHES  
Executive Director  
ahinkle@canfit.org; ext. 12

Betty Geishirt Cantrell, MSSW, MBA  
Program Administrator  
betty@canfit.org; ext. 11

Lloyd Nadal, MA  
Program Manager  
lnadal@canfit.org; ext. 14

Ruth Manzano, BA  
Program Manager  
rmanzano3@cox.net; ext. 13

Sandra Hayes, BA  
Program Assistant  
shayes@canfit.org; ext. 10

Shamia Sandles  
Intern  
info@canfit.org; ext. 15

For more information or  
to join our mailing list, visit

**www.canfit.org**

2140 Shattuck Avenue, Suite 610  
Berkeley, CA 94704

Phone: (510) 644-1533

Fax: (510) 644-1535

Email: info@canfit.org



**CANFit Nutrition, Physical Education and Culinary Arts Scholarship applications being accepted through March 31. Find them at [www.canfit.org/scholarships.html](http://www.canfit.org/scholarships.html).**

## Did you find this newsletter helpful?

If you did, 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:



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.

CANFit is a project of the Tides Center, supported by The California Endowment, Robert Wood Johnson Foundation, Kaiser Permanente, Rosalinde and Arthur Gilbert Foundation, W.K. Kellogg Foundation, McKesson Foundation, Office on Women's Health and individual donors. Newsletter layout made possible through the donation of PageMaker 6.5 Plus software by Adobe Systems, Inc.