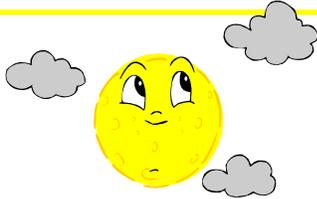




# CANFIT Connection



The Quarterly Newsletter of the California Adolescent Nutrition and Fitness Program



March  
2006

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Want to help the youth in your after school programs  
**Do More, Watch Less?**  
The California Adolescent Nutrition and Fitness Program (CANFit) can show you how!

National TV Turn-Off Week  
April 24-28th

## Here's what to do:

1. Download the **Do More, Watch Less** TV Reduction Tool at: <http://www.dhs.ca.gov/cdic/copi/documents/COPITVTool.pdf>.
2. Log onto [www.canfit.org](http://www.canfit.org) between **March 29th and April 5th** to take CANFit's 45 minute on-line training to learn how to implement the **Do More, Watch Less** TV Reduction Tool. [Those completing the on-line training will automatically be entered into a drawing for a \$200 Gift Certificate towards CANFit materials or workshops].
3. Implement the **Do More, Watch Less** activities at your after school program (between **March 29th - May 5th**) and tell CANFit how it went by completing an on line survey by **May 12th**. You'll receive a P.H.A.T. Multi-Media Package (\$100 value) for your effort.

The California Obesity Prevention Initiative's **Do More, Watch Less** TV reduction tool is targeted towards 10 to 14 year-olds in after school programs and other youth-serving organizations. The sessions aim to help youth incorporate more screen-free activities into their day while reducing the time they spend on screen-based activities such as watching TV, surfing the internet, and playing video games.





# March is Nutrition Month and Women's History Month

## Women and adolescent girls, who will soon become women, need calcium!

Most of the body's bone mass starts to form before children enter puberty. During adolescence about 75-85% of the skeleton is formed. Therefore, young girls need to eat the right amount of the building blocks for bone; nutrients like calcium, protein, phosphorus and vitamin D. To develop strong bones that support full growth, girls need to eat 120% of the Daily Value for calcium every day (1,200 mg). It is important to strengthen your bones while you are young. Over time, this bone loss can lead to a condition called osteoporosis. Osteoporosis causes bones to become brittle and break with very little stress. Developing strong bones when you are young can help to reduce the risk of broken bones when you are old.

Some foods and behaviors can rob the body of calcium or increase its calcium need. A few types of behaviors that rob the body of its needed calcium are smoking, drinking alcohol, skipping meals, drinking too many cola-type beverages and eating too much salt.



### Calcium Rich - Vegetable Cheese Quesadilla



- 2 corn tortillas
- 2 fresh plum tomatoes, sliced
- 1 red bell pepper, finely chopped
- 2 green onions, finely chopped
- 1 large carrot, grated
- 1/2 cup grated reduced fat Monterey Jack cheese
- 1/2 cup plain low fat yogurt
- 2 tablespoon salsa
- 1/2 cup chopped spinach

Heat a medium-size nonstick skillet over medium heat. Place a tortilla in the skillet and warm it 2 to 3 minutes. Turn the tortilla in the skillet and place half of the tomatoes, bell pepper, green onion and carrots on one half of the tortilla. Top the vegetables with half of the cheese, yogurt, salsa and spinach. Fold the tortilla over the filling and cook another 3 minutes, or until the cheese melts. Transfer the quesadilla to a plate, cover it with foil to keep it warm and make another quesadilla in the same fashion. Makes 2 servings.

*Calories, 299; Fat, 9 gm; Saturated Fat, 5 gm; Cholesterol, 24 mg; Fiber, 6 gm; Sodium, 586 mg; Calcium, 449 mg. Adapted from The Wellness Lowfat Cookbook, University of California at Berkeley, 1993.*



### A Quick Reference for What is High in Calcium

	Mgs. of Calcium		Mgs. of Calcium
1 cup low-fat plain yogurt	415	4 oz. tofu, processed with calcium sulfate	145
1 cup 1% low-fat milk	300	1 tbsp. blackstrap molasses	137
1 oz. Swiss cheese	272	1/2 cup bok choy	126
1 cup blackeye peas	212	1/2 cup turnip greens	126
1 oz. cheddar cheese	204	1/2 cup kale	103
1/2 cup collards	179	1/2 cup 2% cottage cheese	77
1 corn tortilla	174	1 cup papaya	72
1 cup cream of tomato soup made with milk	168	1 cup broccoli	42

# Great rain or shine physical activities!

(these tips taken from the "BOLT Manual," written by SPARK)

## Partner Ball Exchange/Toss (Sit-ups)

### What happens:

Pairs sitting with knees bent, toes touching. One Partner has the ball, or anything you have around that can be passed! Like a shoe!



Person with ball hands it to their partner, then both lie down with knees bent. Both return to starting position, and exchange the ball again. Not calling the activity "partner sit-ups" disguises the fitness element.

### How you can teach it:

- Sit on the ground, face your partner with knees bent, feet flat on the ground. Hand the ball to your partner, then both lie down at the same time. Return to starting position together and hand the ball back.
- How many exchanges can you and your partner make in 15 seconds?
- How quickly can you and your partner exchange the ball 10 times?
- After 2 catches, both move back.
- How far back can you and your partner get in 30 seconds?

## Partner Squat and Stand

### What happens:

Pairs standing with ball. While standing, partners hold ball between foreheads and squat together. Add additional variations at an appropriate time.

### How you can teach it:

- Pin the ball between your foreheads.
- Squat together, then stand without letting the ball hit the ground and without using your hands.
- How quickly can you squat and stand?
- Can you and your partner squat, kick your legs out behind you, bring them in, and stand without dropping the ball?
- Can the two of you squat, kick your legs out, do a push-up and then go back to standing without dropping the ball?

## YOGA AND SPORTS



Throughout adolescence, when the body is still growing, and bones, muscles, tendons, and ligaments are changing, stress injuries are common. A quick or energetic body movement can sometimes cause a stress injury to any of these areas. Athletes who do not stretch enough in warming up experience injuries (such as pulled hamstrings, knee injuries from tight tendons and ligaments, and shoulder, wrist, and ankle injuries from weakness in these areas) that often could be avoided. By offering a complete body workout, yoga balances out the stresses of any sport and helps correct tightness or weakness.



# Legislation Update

For the most current information on these and other legislation, see [www.leginfo.ca.gov](http://www.leginfo.ca.gov)



**Prop 49 Update** The Governor is eager to have this proposition implemented during the 2006-2007 budget cycle and has appropriated an additional \$428 million to fully fund the initiative. Three bills have been introduced in the Legislature which would delay implementation or revise some provisions, those being: SCA 24 (Torlakson), SB 1302 (Ashburn) and SB 638 (Torlakson).

**SB 362 (Torlakson)** Establishes a teacher training program for PE teachers. Requires districts to assure that students are active in PE. Passed the Senate Floor 1/30. Will be heard in Assembly Education.

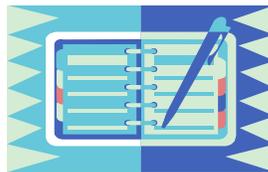
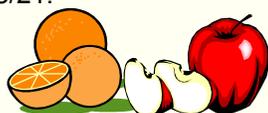
**Budget Item** Allocates \$85 million for improved physical education in grades K-8. Will be heard in the Senate Budget Subcommittee 3/20.

**AB 469 (Yee)** Requires the Dept. of Education to develop and maintain guidelines for sugar and sodium for all food on school campuses. Passed Assembly Floor. Will be heard in Senate Health.

**AB 569 (Garcia)** Requires food/beverage vendors to provide nutritional labeling. Will be heard in Senate Appropriations.

**AB 1381 (Nunez)** Makes technical changes to the education code related to school gardens and states the Legislator's support for school gardening programs. Passed the Assembly Floor. Will be heard in Senate Education.

**AB 1888 (Dymally)** Establishes a center to promote & conduct basic research on obesity & diabetic disorders, develop effective treatments, and find cures. Will be heard in Assembly Health 3/21.



## Mark Your Calendar

**March 15, Prop. 49 After School Summit in Sacramento** In anticipation of many questions, the Governor's office, the State Superintendent for Public Education, and the Secretary for Education are holding an After School Summit to talk about the opportunities and requirements of Prop. 49: how to build capacity for new and expanding after school programs, how to apply for Prop. 49 funds, and how to develop and operate high quality after school programs. For more information visit: [www.publicengagement.com/CaliforniaAfterschool](http://www.publicengagement.com/CaliforniaAfterschool)

**March 29-30, California Public Health Association North's 2006 Annual Meeting in Oakland** The California Public Health Association-North's 2006 Annual Meeting, Rebuilding California: Designs for Healthy Living from City to Farm. Offering plenary sessions and three simultaneous tracks of more in-depth discussions (each providing continuing education credits), with time to network and meet new colleagues, this is a unique educational opportunity. Look for on-line registration available soon at: [www.cphan.org](http://www.cphan.org)

**CANFit will be presenting April 6th at: April 6-8, The California School-Age Consortium Annual Conference in Sacramento** The California School-Age Consortium is holding their Annual State-wide Conference Growing Toward Success: Healthy Bodies and Healthy Minds. This conference is geared to after school providers. Visit the following website for more conference details: [www.calsaconference.org/Conference/default.asp](http://www.calsaconference.org/Conference/default.asp)

**National TV Turn-Off Week (April 24-28th)**



**May 18-19, 2006 Adolescent Health Conference in Preservation Park and the First Unitarian Church in Oakland** The Adolescent Health Collaborative is sponsoring their 2006 Adolescent Health Conference "Health Rights of Teens". Information about the conference, registration and submitting presentation proposals can be found on the conference website at: [www.californiateenhealth.org/conference\\_51805\\_home.asp](http://www.californiateenhealth.org/conference_51805_home.asp)



***On the Road with CANFit***

<b>When</b>	<b>Where</b>	<b>What</b>
April 6, 2006	Sacramento, CA	CalSAC's 24 <sup>th</sup> Annual Statewide Conference
April 13, 2006	Philadelphia, PA	Preventing Obesity in the Hip-Hop Generation
April 18, 2006	Westfield, NJ	Recipes for Success Train-the-Trainer Workshop
April 26-28, 2006	Los Angeles, CA	Healthy Eating Active Communities Policy Training and 1 <sup>st</sup> Annual Conference
May 2-3, 2006	Atlanta, GA	Indian Health Service Diabetes Training Institute
May 5, 2006	Atlanta, GA	Recipes for Success Train-the-Trainer Workshop
May 11, 2006	St. Petersburg, FL	Recipes for Success Train-the-Trainer Workshop

# CANFIT

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## Invest in CANFit!

I would like to invest in CANFit's work to improve the lives of our youth and their futures!

Name:

Address:

City / State / Zip:

Phone:

Email:

Enclosed is my tax-deductible donation of \$ \_\_\_\_\_ made payable to CANFit/  
Tides Center.

Contact me about volunteer work with CANFit.

I have this suggestion for CANFit:

***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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