

CANFIT Connection



The Quarterly Newsletter of the California Adolescent Nutrition and Fitness Program

October
2006

In this issue:

Proposition 49
Provides After
School Funding
(p.1)

CANFit
Welcomes New
Staff Person

From the
Executive
Director

Smashed
Potatoes
(p.2)

Tips for
Exercising at
Home

Legislation
Update

Mark Your
Calendar
(p.3)

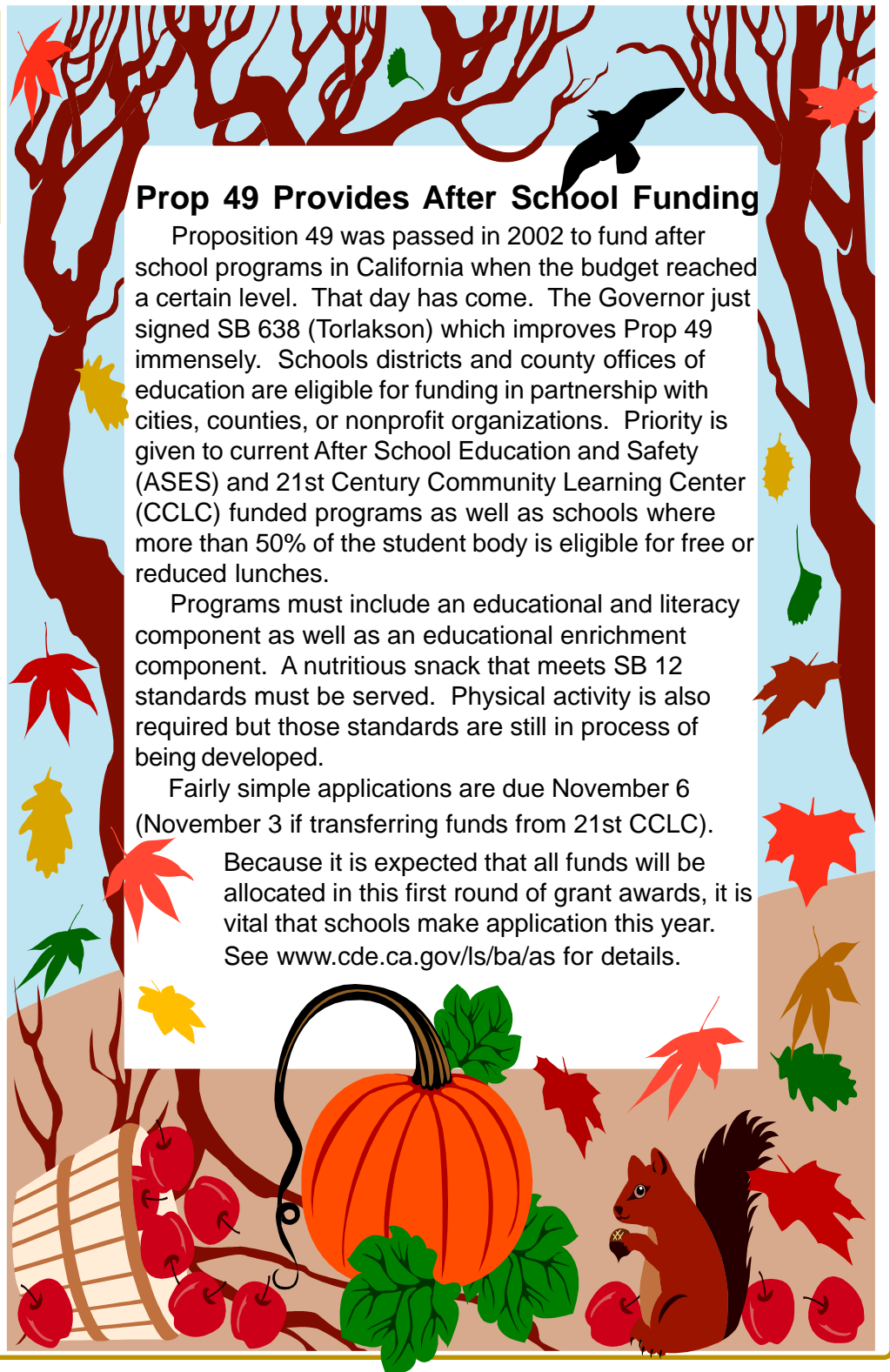
Prop 49 Provides After School Funding

Proposition 49 was passed in 2002 to fund after school programs in California when the budget reached a certain level. That day has come. The Governor just signed SB 638 (Torlakson) which improves Prop 49 immensely. Schools districts and county offices of education are eligible for funding in partnership with cities, counties, or nonprofit organizations. Priority is given to current After School Education and Safety (ASES) and 21st Century Community Learning Center (CCLC) funded programs as well as schools where more than 50% of the student body is eligible for free or reduced lunches.

Programs must include an educational and literacy component as well as an educational enrichment component. A nutritious snack that meets SB 12 standards must be served. Physical activity is also required but those standards are still in process of being developed.

Fairly simple applications are due November 6 (November 3 if transferring funds from 21st CCLC).

Because it is expected that all funds will be allocated in this first round of grant awards, it is vital that schools make application this year. See www.cde.ca.gov/ls/ba/as for details.



CANFit Welcomes New Staff Person

CANFit welcomes our new full-time Program Manager, Lloyd Nadal! Lloyd is excited about the opportunity to work with CANFit and provide training and technical assistance, especially in the area of physical activity. He brings 7+ years of experience in the corporate health and fitness industry as well as 5 years of coaching youth sport programs in the San Francisco Bay Area. He is a huge advocate for healthy living and has great experience in dealing with obesity and lifestyle management. Having a family history of most of the factors of heart disease (diabetes, high cholesterol, high blood pressure), Lloyd is passionate about working with the community and our youth to improve the state of nutrition and physical activity in our nation.



Prior to CANFit, Lloyd served as the Program Manager for the Social Security Fitness Center in Richmond, CA where he developed an award-winning fitness center and program in a low-income majority ethnic community. Lloyd earned his BA in Exercise Science as well as his MA in Sports and Fitness Management from the University of San Francisco. He also plans to pursue his MPH at some point. In his spare time, Lloyd enjoys running, weightlifting, playing sports, snowboarding, and hiking. He also likes to read, plays the piano, and is a huge Bay Area sports fan. We welcome Lloyd to our team!

From the Executive Director:

Halloween is right around the corner and a classic time for candy-overload. This Halloween may also be your first opportunity to put your new Wellness Policy into practice. Struggling with how to make the Halloween party at your after school program a healthier event? Serve a variety of orange and black foods that are loaded with nutrients. For example, black bean dip with carrot slices; dried mango or papaya; baked sweet potato wedges; black sticky rice with mango; Camote de dulce; or “Smashed Potatoes.” These all can be served on colorful plates to make for a more festive mood.

Focus on the activities at the party instead of trick-or-treating. Spend time leading up to Halloween to make decorations and/or costumes. Carving or decorating pumpkins is loved by all. Parading around in costumes is always fun as everyone likes to show off their creations. Sack races can become ghost races by simply using white pillow cases. Activities like *Halloween Freeze Dance*, *Make the Zombie Laugh*, and *Pass the Pumpkin* can be found at: entertaining.about.com/od/halloween/a/hallowkidgames.htm.

When it is time to trick-or-treat, give out temporary tattoos, pens, pencils, erasers, or individual packs of dried fruit (no added sugar) or crackers. For other Halloween ideas, see: cspinet.org/new/pdf/halloween.pdf. Happy Halloween!

Arnell Hinkle

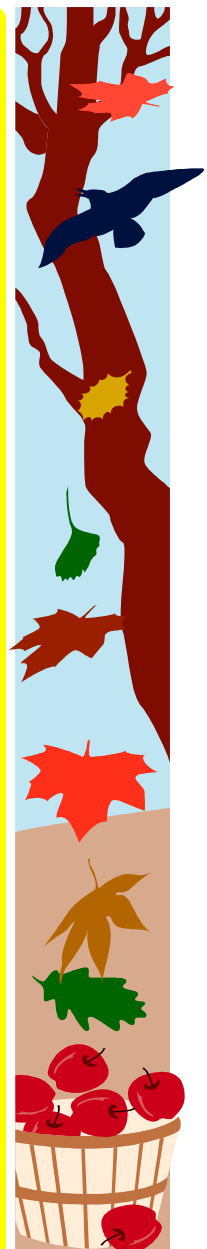
Smashed Potatoes

Ingredients:

1 lb potatoes, cut into quarters
1 lb carrots, sliced
1 cup nonfat or 1% milk
(or vegetable broth)
1 can black beans, drained

Directions: Cook potatoes and carrots together in boiling water until soft. Drain well. Mash potato and carrot mixture, adding milk or broth as needed to smooth the texture.

Serve each portion garnished with 1 tablespoon of black beans on top.



Home is Where the Health is: Tips for Exercising at Home

As winter approaches, we find ourselves spending more time staying home. Try these two ways to stay active at home; one requires only yourselves and the other a DVD/VCR.

1) Family Circuit - Choose 4 exercises (or more depending on how many family members want to participate) and assign each to a station area around the perimeter of the largest room in your house. Each person will start at 1 of the 4 stations. A lead person (who keeps time for 30 seconds) says "GO" and each person performs the exercise (as many as they can do while time allows). When 30 seconds is up, the lead person says, "SWITCH!" and everyone rotates right to the next station. Continue this until all 4 have been completed and then rest for 2 minutes in between sets. Perform 3-5 sets. As you get better, you can increase the time from 30 seconds to 1 minute. Here are 4 station ideas:

Station 1 - Jog in Place - The easiest way to move and burn calories without traveling any distance. For more advanced folks, try jumping jacks!

Station 2 - Push-ups - Push-ups can be done on the floor or on the wall. Just make sure your hands are shoulder width apart and at the edge of your shoulders as you come down. On the ground, you can also be on your knees, just make sure that your stomach comes close to the ground.

Station 3 - Sit-ups - First lie on your back with your feet on the ground. Keeping 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.

2) Instructional Exercise DVD/Videos - There are several DVD/videos with different types of exercises that are quite easy to follow and can be purchased or rented at any video store. Try Living Yoga to focus on relieving stress or Taebo Kickboxing to work up a good sweat! All you have to do is pop it in and let the instructors tell you what to do. It's that simple and a great way for the family to do something together!

These are just a couple of activities your family can do at home. Remember, 60 minutes a day (of exercise) keeps the doctor away...not just an apple!

Legislation Update

For the most current information on these and other legislation, see www.publichealthadvocacy.org.

SB 638 (Torlakson) Provisions to Proposition 49 including increased funding for after school programs at schools across the State. Signed by the Governor. Proposals due to California Department of Education November 2006. Feature article on Page 1.

SB 362 (Torlakson) Establishes a teacher training program for PE teachers. Requires districts to assure that students are active in PE. Did not pass out of fiscal committee.

AB 469 (Yee) Requires guidelines for sugar and sodium for all food on school campuses. Vetoed by the Governor.

AB 569 (Garcia) Sets the stage for breakfast to be served in all low-income schools. Signed by the Governor.

SB 1329 (Alquist) Creates a program to finance grocery stores, markets, and farmers markets in low-income communities. Did not pass out of fiscal committee.



Mark Your Calendar

October 26-28, 2006, The Cooper Institute Conference Series, Dallas TX. This conference is entitled: *Parks, Recreation, and Public Health: Collaborative Frameworks for Promoting Physical Activity*. More information at www.cooperinst.org/conf2006intro.asp.

January 23-26, 2007, California Childhood Obesity Conference, Anaheim CA. This year's conference is entitled: *Protecting the Future of our Children*. More information at www.cce.csus.edu/cts/ChildObesity/ChildOb07/index.htm.

March 21-23, 2007, National AfterSchool Association Conference, Phoenix AZ. For the afterschool professional by the afterschool professional. Register at www.NAAconference.org.

CANFIT

Staff Directory

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
Technical Assistance Advisor
rmanzano3@cox.net

Lauren Au
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



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.

CANFit is a project of the Tides Center, supported by The California Endowment, Robert Wood Johnson Foundation, Kaiser Permanente, Louis R. Lurie Foundation, and individual donors. Newsletter layout made possible through the donation of PageMaker 6.5 Plus software by Adobe Systems, Inc.