

May 2016

LIVE WELL @ WORK

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National Bike to Work Week

May 16—May 20

May is National Bike Month, so join people across the country as they cycle to work by participating in Bike to Work Week!

There are many great reasons to hop on a bike for transportation:

- Reduce parking and gas costs
- Increase physical activity
- Get outside and enjoy the fresh air
- Help reduce pollution in the environment

In order to bike to work safely, be sure to wear a helmet and proper clothing, and follow the rules of the road. Consult your physician before beginning any exercise program.

For more information, visit www.bikeleague.org/bikemonth/

Harvest of the Month: Carrots and Strawberries



FUN FACTS!

- Carrots, raw and cooked, are an excellent source of vitamin A. Vitamin A may help your vision, skin, and can fight infections.
- A 1/2 cup of strawberries is a good source of fiber. Fiber helps you feel full and also benefits heart health.
- Strawberries also contain antioxidants that may reduce the risk of certain types of cancer.

SWAP OUT: Eating in Front of the TV SWAP IN: Eating at the Table



After a long day, zoning out to the television with a snack or meal can be tempting, but this habit may lead to poor food choices and overeating.



A study* by Pearson, Ball, and Crawford (2011) shows that people who watch TV while eating may be more likely to become distracted and lose track of how much food they are consuming.

Instead, take the time to set the table and prepare a healthy, appetizing meal. A meal-focused setting may help you tune into your hunger and fullness signals, and allow you to be mindful of enjoying the flavors of your meal.

Once you are finished and satisfied, you can comfortably kick back and relax!

*Pearson, N., Ball, K., & Crawford, D. (2011). Mediators of longitudinal associations between television viewing and eating behaviors in adolescents. *International Journal of Behavioral Nutrition and Physical Activity*, 8(1), 23. doi:10.1186/1479-5868-8-23

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