



# LIVE WELL @ WORK Newsletter

UC San Diego | Center for  
SCHOOL OF MEDICINE Community Health

MAY 2018

## FEATURE

### Physical Fitness and Sports Month

Most people know being physically active is important, but sometimes activity can be seen as a task or something that isn't fun. That's why it is important to find activities that are fun, engaging, and challenging to you. May is National Physical Fitness and Sports Month, which was created to bring awareness to all the benefits of physical activity and to highlight fun ways you can be active. It is all about finding creative ways to increase activity. For example, join a recreational sports league or a walking group. Also, try working out with a friend or family member; exercising with others can be more fun and increases accountability. There are lots of ways you can improve your health and get moving that are free or low-cost. Explore one of San Diego's hiking trails, take public transportation to work once a week, or join a sports team. Check your local library for free fitness classes or set up a walking challenge with friends or family members.

## HARVEST OF THE MONTH

### Cucumber & Berries

Cucumbers can help with hydration due to their 95% water content.

A ½ cup of berries, such as strawberries, is an excellent source of vitamin C. Vitamin C aids in the maintenance of healthy muscles and bones.



## SWAP OUT → SWAP IN

### Media → Fitness

Most people enjoy watching television (TV), checking social media on their smartphone, or using a computer to browse the Internet, but these behaviors usually involve sitting. According to [www.5210SanDiego.org](http://www.5210SanDiego.org), children and adults should limit their recreational screen time (TV, computer, tablet, or smartphone) to 2 hours or less a day. Sitting for prolonged periods of time contributes to a sedentary lifestyle and increases the risks of obesity, diabetes, and heart disease. That is why it is important to turn off the TV, put the phone down, and close the computer and instead, engage in 30 minutes of fitness. This could be going for a brisk walk, running around the playground, or playing a game of pick-up basketball. Household chores such as vacuuming the carpet, mowing the lawn, waxing the car, and washing windows also burn calories. It is important to get the recommended 30 minutes of activity a day for at least 5 days a week to stay healthy.