



LIVE WELL @ WORK Newsletter

UC San Diego | Center for
SCHOOL OF MEDICINE | Community Health

MAY 2019

FEATURE

Bike To Work!

National Bike Month encourages biking as a daily money-saving and eco-friendly transit choice. This year, Bike to Work Day is Thursday, May 16, 2019. San Diegans can connect with thousands of others commuting by bike across San Diego by signing up online. When you register, you can enjoy free giveaways at one of the 100 rest stops all throughout San Diego County. Also, you will be entered to win a \$500 gift certificate to Moment Bicycles when you register by April 14!

Employers can get their employees ready for Bike to Work Day by taking advantage of FREE bike services offered by SANDAG's iCommute program. Some of these services include a free, on-site bike education class to get employees comfortable with riding, free bike safety checks, and even an instructor-led group bike ride.

Learn more at <https://icommutesd.com/events/bike-month>.

HARVEST OF THE MONTH

Berries & Broccoli

A half cup of most berries is a good source of vitamin C, which may help the immune system and promote wound healing. Berries are a delicious topping that can be added to any meal throughout the day.

Rich in vitamins, broccoli is also known as the "Crown Jewel of Nutrition." A half cup of cooked broccoli is an excellent source of vitamin K, which helps regulate blood clotting.



SWAP OUT → SWAP IN

Personal Car → Active Transportation

Most Americans rely on their cars to go to work, shop for groceries, or just get around. The American Heart Association states that only about one in five adults and teens get the 150 minutes (2.5 hours) of exercise needed to maintain good health. Active transportation is a healthy alternative to single-driver car trips. Benefits of using active transportation include decreasing stress, saving time and money, and a healthier environment. Also, if you choose a mode of transportation that doubles as exercise, such as biking or walking, your mental and physical health can improve, as well. Active transportation is good for our health and our environment.

A few active transportation options in San Diego County include:

- Bike/Cycle
- Bus System
- Trolley
- Walk
- Carpool/Vanpool
- Coaster/Train