



Official Newsletter of WIC Worksite Wellness

THE POWER OF VITAMIN D

Jade Martinez & Samantha Camacho

Vitamin D is an essential nutrient as well as a hormone made by our bodies. In this section, we will explore the benefits and sources of Vitamin D.

What are some [benefits](#) of vitamin D?

- Promotes healthy bones and teeth (1,2)
- Supports immune, brain, and nervous system health(1,2)
- Regulates insulin levels and supports diabetes management (1,2)
- Supports lung function and heart health (1,2)

How can we get enough vitamin D?

- Consume fortified milk, cereal or oatmeal (1,2)
- Consume fatty fish, such as salmon, sardines, and tuna (1,2)
- Include other foods like mushrooms, shrimp, and egg yolk (1,2)
- Spend time in the sunlight! (2,3)
 - A minimum of 10 minutes of sunlight several times a week (always wear sunscreen with SPF 15 or more)



GYM-FREE WORKOUTS

Pedro Guzman MS & Ashlyn Taylor

Do you have the desire to work out and prioritize your health, but are unable to attend a gym regularly? Here a few ideas to help you get active outside the gym:

- **[POPSUGAR Fitness](#):** This YouTube channel has you covered! There's strength training, high intensity interval training, pilates, and so much more. (4)
- **Exercises in the Park:** Bench dips, push-ups, walking lunges, jump squats. This [site](#) explains how to perform the movements.(5)
- **Exercise Workstations:** Replace your chair with a yoga ball, use your desk, and a get some resistance bands. Here are [examples](#) on how to utilize these items for exercises.(6)

SUMMER FUN POPSICLES



Ana Hernandez, BS, Jilian Arizcuren, BS & Jaquelyn Neves, BS

It's summertime and homemade fruit popsicles are a simple, yet tasty and nutritious snack that can help keep you and your loved ones cool and hydrated during any activity!

Total time: 6-8 hours **Prep Time:** 5 minutes **Servings:** 8

Ingredients

- 2 cups fresh strawberries (sliced)
- 1 medium banana (extra ripe)
- 13.5 fluid ounces lite/low-fat coconut milk (can substitute with another milk alternative or juice)

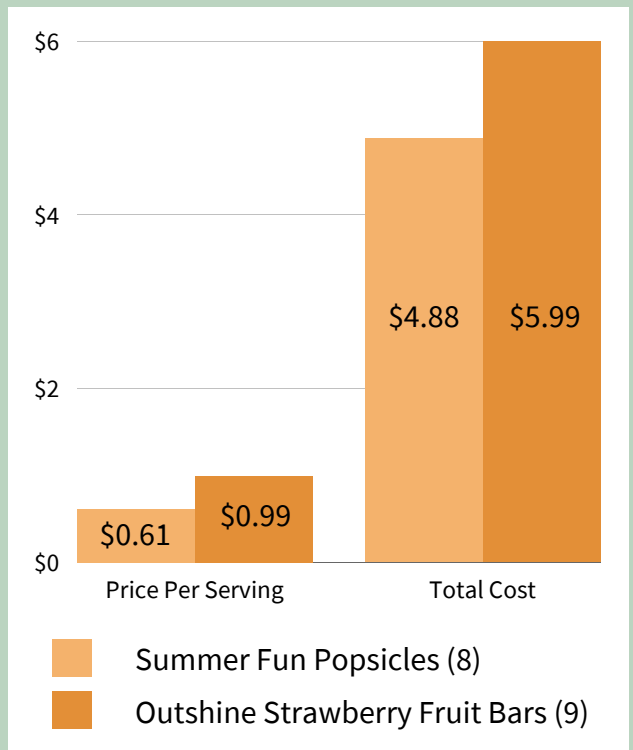
Materials:

- Freezable popsicle molds or plastic cups (for the 8 popsicles)
- 8 Popsicle sticks or plastic utensils (for the plastic cups)
- Blender

Instructions

1. Chop all fruits into halves.
2. In a blender, blend strawberries, banana, and coconut milk.
3. Evenly divide the blended mix into the molds.
4. Insert the popsicle sticks or utensils, if they do not stay in place, poke holes in saran wrap or tin foil to hold them in the middle of the mixture.
5. Freeze these for at least 4-6 hours or until each popsicle is completely solid. Enjoy! (7)

PRICE COMPARISON



Nutrition Facts

Per serving (7)

- Calories: 100 kcal
- Calories from Fat: 9 kcal
- Total fat: 1 g
- Saturated fat: 1 g
- Polyunsaturated fat: 0.03 g
- Monounsaturated fat: 0.1 g
- Cholesterol: 2 mg
- Sodium: 19 mg
- Potassium: 104 mg
- Carbohydrates: 20 g
- Fiber: 1 g
- Sugar: 16 g
- Protein: 4 g
- Vitamin A: 500 IU
- Vitamin C: 22.3 mg
- Calcium: 50 mg
- Iron: 0.1 mg

OUTDOOR PHYSICAL ACTIVITY RESOURCES

Janeza Bridges, ACE-CPT, USAW, PN1 and Lexi Skinner

Outdoor Activities



Since California weather makes it so easy to enjoy the outdoors, here are [50 outdoor activities](#) for you and your loved ones to try out year-round. (11) This article has several family friendly outdoor activities that encourage bonding and physical activity, all while embracing the beauty California provides year round!

Strava



If you enjoy hiking, cycling, or anything in between, [Strava](#) is a free app used to track your physical activities.(12) With Strava, you can create or join a group of friends and socialize through pictures, activity sharing, and even create [challenges](#) for motivation. (13) This app is great for viewing routes and tracking performance, progress, and goals.



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