

NEWS RELEASE

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UC CalFresh Staff Step Up Their Physical Activity

Placer and Nevada Counties UC CalFresh staff recently placed second in the state in a physical activity challenge sponsored by the Expanded Food and Nutrition Education Program (EFNEP) and UC CalFresh State Offices! The nutrition educators piloted a new smartphone app to be used with the *Eating Smart, Being Active* adult nutrition education curriculum. Staff reported that the challenge motivated them to move more, whether it was walking in the evening around their neighborhood, utilizing exercise equipment at home, or simply parking the car farther away from the grocery store. Every step counts, and the UC CalFresh staff demonstrated this during their physical activity competition. Altogether, the team of five accumulated 395,527 steps and almost 24 hours of additional physical activity!

For more nutrition, physical activity or program information, please call (530) 889-7350 or visit our website at <http://ucanr.edu/sites/letseathealthy>. “Like” us on Facebook for additional tips and updates at UC CalFresh Nutrition Education Program, Placer/Nevada Counties.



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