

# Live Light Live Right Newsletter

Fall 2015

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**Ask The Expert**  
Reviewed by  
**Sarita Dhuper, MD**

*The Impact of  
Motivational  
Interviewing on  
Pediatric Obesity*

Motivational interviewing is a set of evidence-based, patient-centered communication techniques that include reflective listening, shared decision making and eliciting change talk.

To learn more about this study, it was published in [Pediatrics](#).

## Our Grand Finale



Our Live Light Live Right



**LIVE LIGHT**  
**LIVE RIGHT**

## At Brookdale Hospital

Dear Friends,

Fall is finally here, the leaves are turning, the air has that crisp feeling, and it's time for apple and pumpkin picking. With all the these beautiful fall colors, this is the best time for nature walks and enjoying all the outdoor activities. There is many ways to be active in the fall, look at your communities to see how you can enjoy this time of year.

We had a great summer with many activities for our children, Summer Camp with CAMBA, LLLR Kids Ride Club, and our first partnership with Crunch Fitness for our 6-week Summer Fitness Challenge. It was an active and fun summer for our children. The Live Light Live Right Program is moving forward, our fall classes have begun and our Kids Ride club is still in full swing. The children continue to explore many new places on their bikes and look forward to their new adventures.

As with any new programs, there will be new expenses and all donations are always appreciated. To make a donation, to support a child for any of our program you can do so through our [website](#). Thank you in advance for your support.

If you are interested in supporting our program or partnering with us. Please contact us at (718) 240-8125.

Yours truly,

Dr. Sarita Dhuper

6-Week Summer Fitness Challenge children participate in a supermarket tour at Western Beef located on East New York and Ralph Avenue. We wanted to give the children a real life...

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### Live Light visits the Farmer's Market



On August 29, 2015 Live Light Live Right took the children and their parents that attends the exercise program on a tour

[Learn More](#)

### Live Light Live Right Supports the BRC



On Saturday, August 15, 2015 The Brownsville Recreation Center had their annual Back to School-Back Pack Drive. This was a fun and exciting event with activities that included, a fitness...

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### Halloween Candy Tips

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## Live Light Live Right's Feature Food: pumpkin



### Pump Up the Pumpkin-Why They're Super!

Did you know that over 1.5 billion pounds of pumpkin are produced each year in the United States? That the world's largest pumpkin was more than five feet in diameter and weighed over 1,800 pounds? That each pumpkin has about 500 seeds and takes between 90 and 120 days to grow?

[Learn More](#)

## Participant of The Month: The Edwards Family



The Edwards family has been with Live Light Live Right for the past 8 years, they have two girls 16 years old and one son, 8 years old. Mom has had her own struggles with weight and had bariatric surgery several years ago. That is what makes this even more personal for her, she stated, " She does not want her kids to go through what she has gone through herself."

[Learn More](#)

## Nutrition Corner

**Savor the Fall Produce and Hearty Soups**



Do you struggle with how to handle Halloween candy with your children? Kidsheath.org has some great tips.

[Learn More](#)

### Live Light Live Right Fall 2015 Exercise

To Learn more about our exercise times and locations please visit our [calendar](#).

### Contact Us

Clinic Appointments 718-240-8125

Information about the Program  
[info@livelight.org](mailto:info@livelight.org)



Yes, it's true, summer has come to an end. While it is sad to say goodbye to the barbecues, picnics and the summer season, it is a time to celebrate the beginning of a wonderful fruit and vegetable season. Fall is full of delicious foods you can work into your diet in a variety of ways that can perk up any chilly night.

[Learn More](#)

## Community News

NYC Center for Health Equity announced the release of the 2015 Community Health Profiles. Profiles for 18 Brooklyn Community Districts are highlighted and this data on over 40 indicators to provide a broad understanding of neighborhood health and inequities in health outcomes. In [Brownsville](#) there is a life expectancy of 11 years shorter than compared to the financial district and the death rates due to diabetes, HIV, hypertension and homicide are more than twice the city rates. Programs like Live Light Live Right are much needed to address health disparities, fight obesity and diseases related to poor nutrition and environmental factors.

[Learn More](#)