

Live Light Live Right Newsletter

Summer 2015

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Ask The Expert

Bariatric Surgery in Adolescents, What you want to know.

Adolescents have unique physical and psychosocial issues related to obesity and require special care. It is often difficult for these adolescents to manage their nutritional needs, exercise, school and their mental health.

[Read the latest review](#)

LLLR Kids Ride Club



We are looking for participants to sign up for



LIVE LIGHT LIVE RIGHT

At Brookdale Hospital

Dear Friends,

Summer has finally arrived, after a long winter and a short spring. Flowers are blooming, vegetables are growing and it's a great time to get outside and be active. Running, walking or yoga in the park are all great ways to get the season off to a great start.

The Live Light Live Right Program is moving forward and is getting ready for our summer camp programs. We are very excited for our Kids Ride Club to start up again this summer. The children will be able to explore many new places on their bikes. We are partnering with [CAMBA](#) and [The Fresh Air Fund](#) for our Summer Camp and it will be another fun summer for the Live Light Live Right children. It's also an exciting and busy time for us with many summer festivals and fairs that we are participating in, so try to stop by and see us.

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 summer camp or any of our other programs 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

the summer 2015 Kids Ride Club.

[Learn More](#)

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Live Light is out in the Community



Live Light Live Right will be busy this summer attending health fairs, festivals and summeriest that are supporting health and wellness, take a look at our [calendar](#) and see where we are. Stop by and say hello.

2015 Summer Camp



It's already summer. There is still time sign up for our summer camp programs. If you are a previous participant you can sign up.

If you are interested in any of these programs contact us at 718-240-8125.

Exciting News for the PATH Program

We were just approved for

Live Light Live Right's Feature Food: Chia Seeds



Summer Clean Your Diet

What Is Chia?

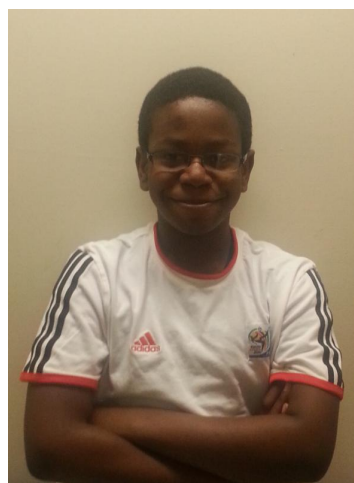
Chia is an edible seed that comes from the desert plant Salvia Hispánica. "Chia" means strength, and folklore has it that these cultures used the tiny black and white seeds as an energy booster.

Are they Healthy?

Chia seeds are a concentrated food containing...

[Learn More](#)

Participant of The Month: Denville Adams



Denville Adams is a 12 years old male, who joined Live Light Live Right (LLLRL) in August 2013. He has shown tremendous progress in the program. Through hard work and diligence he has decreased his

a grant from The National Institute on Minority Health and Health Disparities (NIMHD) at NIH to support our project titled: "Efficacy and sustainability evaluation of PATH, a childhood obesity program." This will be done in collaboration with the School of Public Health at SUNY Downstate Medical center.

[Learn More](#)

LLLR Presents Research

LLLR team presented our research at the [Pediatric Academic Society Annual Meetings](#) that were held in SandDiego in April 2015.

The research was on topics such as, increasing prevalence of severe obesity in Brooklyn, Fitness levels in severe obesity, parental readiness to attend an obesity program for their children and other important issues related to childhood obesity. To learn more [click here](#).

percentage of body fat from 26.0% to 18.1% in a year. Denville says that he loves the exercise program. He likes the combination of the exercises such as squats, using weights, jump rope, step ups, and jumping jacks.

[Learn More](#)

Nutrition Corner



Summer Clean Your Diet

Summer has arrived, and with longer days and warmer weather comes a new crop of fresh produce. It is a good time to "summer clean" your diet and start introducing the summertime fruits and veggies that incorporate the jewels of summer. If you are tired of apples, bananas and root vegetables, there...

[Learn More](#)

Contact Us

Clinic Appointments: 718-240-8125

Information about the Program

info@livelight.org