



LIVE LIGHT
LIVE RIGHT

At
Brookdale

February 2014

NEWS & NOTES

Dear Friends,

We would like to wish you all a very Happy Valentine's Day. We hope that your day is full of love and support.

It's the beginning of 2014 and the weather has been tough on everyone. It sometimes makes it hard to stay motivated to go out, let alone exercise. There are lot's of great fun indoor activities that you can do to keep yourself warm and active. It's important to keep motivated even when it's cold outside.

The winter can be a difficult time for our families, with the temperatures so cold, it is difficult to travel or to get the right winter exercise clothes. We work with the families in our program to help give them the tools to keep them motivated and have fun without losing sight of their longterm weight goals. We look forward to the spring and many new programs at Live Light Live Right.

If you'd like to make a donation to support a child at Live Light Live Right, you can do so through our [website](#).

You can also mail your donation to:

Live Light Live Right
c/o Sarita Dhuper
Rm 300 CHC
Brookdale University Hospital
Brooklyn, NY 11212

Yours truly,

Dr. Sarita Dhuper
Director of Pediatric Cardiology and the Live Light Live Right Program
Brookdale University Hospital and Medical Center
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livelight.org



Our Annual Holiday Party, Celebrating Our Success



Annual Holiday Party



Annual Holiday Party



Annual Holiday Party

On January 17th, we held our annual holiday party at [Brookdale Hospital Center](#). Nearly 200 hundred children and their families attended to celebrate the achievements and successes of those who have joined Live Light Live Right on this journey to promote health and fitness that have transformed their lives.

The event celebrated the success of the children who have lost weight and remained committed to the program. Children who had the highest show rate at their exercise classes were rewarded.

The children and their families enjoyed an evening of food, games, fitness and dance competition. Healthy food was prepared by the chefs at Brookdale Hospital Medical Center, including nutty chick pea quinoa salad, grilled barbecue chicken and a low fat lasagna. [The Robin Hood Foundation](#) graciously donated the gifts that were given out to our children.

Dr. Sarita Dhuper, executive director of LLLR said: "We are committed to providing them with all the tools necessary to keep them on track on their journey to a healthy lifestyle."

Obesity's 'Disease' Label May Demotivate Weight Loss, Make People Comfortable With Overweight Status

A [recent article](#) in Medical Daily addresses the issues related to classifying obesity as a "disease" rather than a condition. This has sparked a great deal of controversy. It has allowed some people to feel more comfortable and even "feel healthier," as shown in a new joint study from the University of Minnesota and the University of Richmond. The researchers went on to state that the people actually saw themselves as healthier because they now were given a diagnosis. Changing the nature of the condition changed how people believed they were affected by it. The apologists however "feel that disease is not always in someone's control."

More research is required to gain a greater understanding of how the "obesity is a disease" message influences beliefs about the controllability of weight, and the role of this message in reducing stigma against the obese."

Source: Hoyt C, Burnette J, Auster-Gussman L. "Obesity Is a Disease" Examining the Self-Regulatory Impact of This Public-Health Message. Psychological Science. 2014

Winter Vegetables... Enjoy the Flavor of the Season!



Don't let the cold weather keep you from celebrating the flavors of the season. Winter is a great time for produce! There are many flavor-packed, versatile winter vegetables in season.

Sweet potato and winter squash lead the pack. They are very flavorful and highly nutritious. They are root vegetables, meaning they grow underneath the ground where they are able to absorb high amounts of minerals and other nutrients from the soil. They are also able to absorb important nutrients from the sun through their leaves. So they are really super foods!

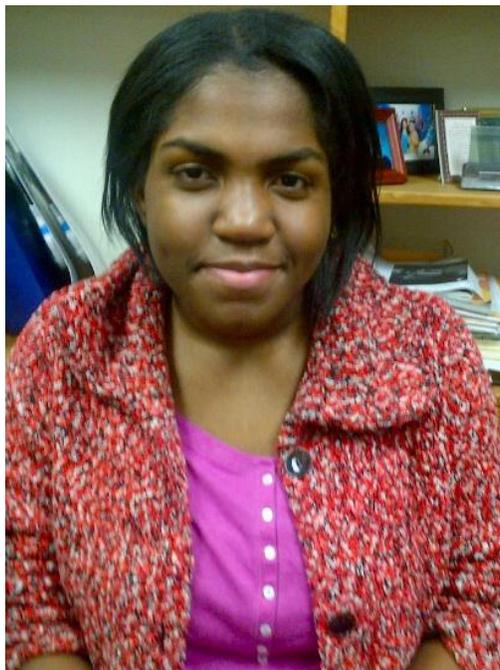
Most root vegetables are high in complex carbohydrates, which slowly break down into sugar in your body to give you energy. They are also high in fiber and phytonutrients, and low in fat. They are generally high in vitamin C, beta-carotene, and contain essential minerals such as potassium, phosphorous, magnesium, and even small amounts of iron.

Root vegetables can be eaten in just about any way imaginable, and still taste great. The wide variety of flavors work well in a hearty vegetable soup, stew or casserole dish. You can bake, steam or barbecue them, and serve them as a side dish for your favorite meat.

Check out some ways to incorporate these highly nutritious .. and delicious.. foods into your menu!

To learn more and see the recipes visit our [website](#)

Participant of the Month: Tenisha



Tanisha is 15 years old and has been in our program since 2012. When she began her journey she weighed 189.5 lbs, her height was 5 feet 1 inches tall and her BMI was 34.4. Her doctor, Dr. Coulanges, referred her to our program because she wanted to change her lifestyle. Tanisha was motivated to lose weight and improve her eating habits to improve her health. Another big motivator: she was going to be starting high school that year.

She eliminated soda, cakes, cookies (except for special occasions) and junk food from her diet. She also stopped eating after 6 p.m., started drinking lots of water and exercising more. One of the great things that she learned and has implemented was reading food labels.

This has really helped her to make the right food choices.

She said her friends have really noticed the difference in her, they support and encourage her. Her family has been instrumental in her success. They also changed the way they eat and now eat the same food that she does, making it easier for her to stay focused. Her mom used to fry a lot of foods prior to her starting the Live Light program. Now they eat more salads and whole breads.

Currently she weighs 158.3 pounds and her BMI is now 28.0. Tanisha wants to lose another 15 pounds. With all the work and commitment she has shown, she will be able to do it.

The Live Light team is really proud of her success.

Let's Share Volunteer Program



The Brookdale University Hospital and Medical Center's Volunteer Services Department and the Live Light Live Right Program has developed a new program titled, Let's Share Volunteer Program. Funded by the United Hospital Fund and the Robin Hood Foundation, The Let's Share Volunteer program engages trained volunteers to provide education, advocacy, and support to pediatric patients and their families facing childhood obesity. The first nine volunteers of the program have completed their training and graduated on February 10, 2014.

The Let's Share Volunteer Program will engage volunteers in a variety of activities, including providing information and assistance to new participants and their families; nutrition education on how to read food labels; show visuals on portion size; and explain handouts on better food options. The volunteers will also be able to assist with outreach, health fairs, weight bias and bullying workshops, and the creation of a local directory of available resources in the community and links related to obesity clinics, available subsidized or free exercise facilities, local grocery stores, farmer markets providing fresh fruits and vegetables, and green cart sites.

The volunteers attended 16 hours of training provided by the Live Light Live Right team including the medical, nutritional, and behavioral therapy sciences behind childhood obesity.

The next training session for the Let's Share Volunteer Program will be held in late Spring 2014. For further information about volunteering for the Let's Share Volunteer Program, please call Arlene Martin, Director of Volunteer Services at (718)240-5277.

Our New Partners

We are excited to announce our new and expanded partners. [CAMBA](#) has been providing us with one of our exercise sites, but we will be adding new programs with them and expanding our partnership. CAMBA is a great organization that offers wonderful resources and activities to our community. We are excited for our new ventures with them. This summer we will be hosting our summer camp at their largest site. If you are interested in our summer camp please contact Rena Sooknanan at 718-240-8125

Our team recently met with the Director of East New York Farms, Mr. David Vigil. We are pleased to announce the association of East New York Farms with the Live Light Live Right program. East New York Farms is a project of the United Community Centers to organize youth and adults to address food justice in our community by promoting local sustainable agriculture and community-led economic development. The community educators of the East New York Farms will do cooking demonstrations once a month in our clinics, exercise sites and summer camps. They will also conduct garden workshops for those who are interested in gardening during the spring. They have a Youth Internship program, which is conducted from March- November. The application is on their website: www.eastnewyorkfarms.org

Watch for their new column that will be in our future newsletters.

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