

WINTER NEWSLETTER

Dear Friends & Colleagues,

Wishing you all a happy and healthy 2023. We at Live Light Live Right continue to fight the scourge of childhood obesity which has taken on greater dimensions in severity after the pandemic. The kids are constantly having to fight the natural and the environmental forces that shape their bodies and their identities due to no fault of theirs. Finally the medical community and society are accepting 'Obesity' as a serious disease and giving it the sympathy and endorsement it deserves.



As we continue on our journey with our incredible team of (Ms. Rena) Care Coordination, exercise trainer (Ebony), Nutritionist (Dr. Judy Mashel), our Chef (Nico) and our volunteers, we are grateful for having the opportunity to serve and make a difference one Child at a time. With the advent of new anti-obesity medications, our new Hybrid model of in person and remote classes this gives every patient the flexibility they need to start their own Journey of weight management, improving their self-esteem and overall well-being. Aponte J has lost over 70 lbs. in one year, Jasmine C over 40 lbs., Anthony A over 150 lbs and his diabetes and hypertension is totally cured. We hope each one of you will continue with us on this Journey " Because Nothing Should Weigh a Child Down".

Warm Regards,
Dr. Sarita Dhuper.
Founder and Executive Director
sdhuper@livelight.org



American Academy of Pediatrics Issues Its First Comprehensive Guideline on Evaluating, Treating Children and Adolescents With Obesity.

[Click here](#) to read the guidelines.

Watch Dr. Dhuper talk to News 12 Brooklyn about the updated guidelines. [Click here.](#)





Success Story

Dawn Fearon came to us at 412 lbs in 2021 and is now down to 280 lbs. We designed a program for her that included a combination of diet modifications, medications and surgery. Way to go Dawn! We are so proud of you! Listen to her testimonial by [clicking here](#).

Contact us today and schedule your appointment.

Recipe of the Month by Chef Nico

Nico's Baked 5 Spice Chicken Wings

Ingredients

Chicken Wings - 5 lbs
Garlic - 2 Cloves
Onion - 1/2 Only
Cilantro - 6 Sprigs
Ginger 1/2 Tsp
Green Onions - 4 Sprigs
Soy Sauce - 2 Tbsp
Hoisin Sauce - 2 Tbsp
Salt - To Taste
Black Pepper - To Taste



Baked Cinnamon Apples

Ingredients

Red Apples - 2 Only
Apple Juice Concentrate - 4 OZ
Cinnamon Stick - 2 Only



Watch the full recipe video on our YouTube channel.

[Click Here](#)



Live Light Healthy Tip of the Month

Breakfast is your Body's Best Friend

Did you know that eating breakfast instead of skipping it can actually help you weigh LESS?

Why?

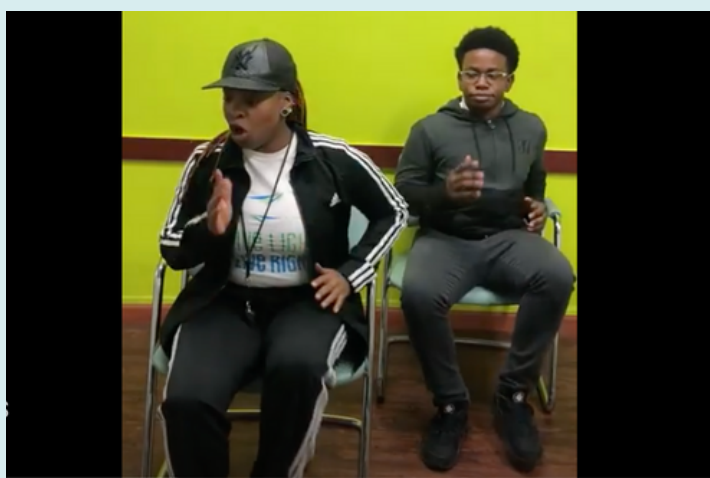
- After sleeping, your body is running on empty. It needs some fuel to get going again!
- Eating when you wake up helps fire up your metabolism, meaning your body burns more energy
- Eating breakfast keeps you from getting too hungry and overeating later in the day

Try some different healthy breakfast ideas so you don't get bored, like fruit, unsweetened cereal or oatmeal with low fat or fat free milk, eggs, whole grain toast with peanut butter, or yogurt.



Exercise Demo

[Click here](#) to watch exercise demo led by our personal trainer Ebony Harris



Local Community Resources

[Click Here](#) to get access to local resources for exercise & healthy eating.



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Weekly Exercise & Cooking Classes



Join us for in-person & Zoom exercise classes with Ebony Harris

When - Every Wednesday & Friday at 5:30 PM

Every Saturday at 1 PM

Where - Brownsville Recreation Center

1555 Linden Blvd, Brooklyn, NY 11212

Wednesday & Friday classes also available on Zoom.

Join using Zoom Link below:

[https://zoom.us/j/97314374562?](https://zoom.us/j/97314374562?pwd=U3lY0XBld0JZWmFuZ3djdjVpbTZNQT09)

[pwd=U3lY0XBld0JZWmFuZ3djdjVpbTZNQT09](https://zoom.us/j/97314374562?pwd=U3lY0XBld0JZWmFuZ3djdjVpbTZNQT09)

For simple and easy access, please use the Zoom app.

Meeting ID: 973 1437 4562

Password: 8jJe4v

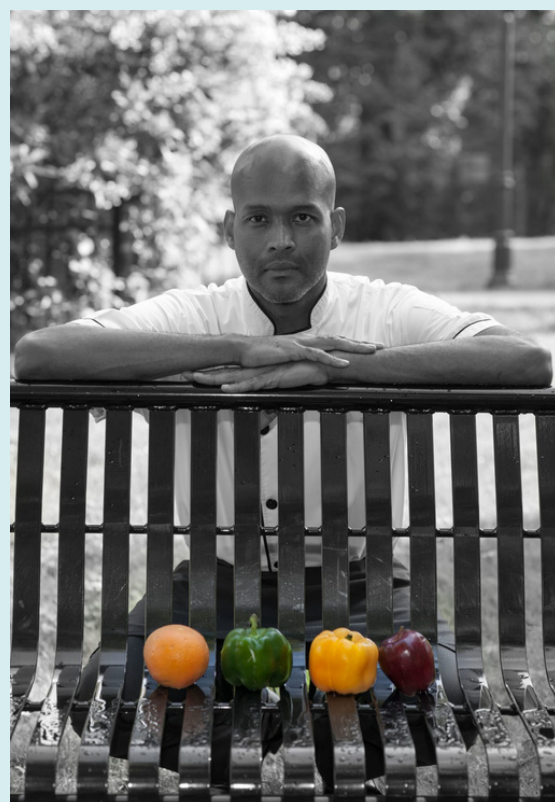
Join us for cooking classes with Chef Nico. In this class we can all share and learn with each other the benefits of healthy eating. So get your aprons out and your knives sharpened, because lunch is about to be served!

When: Weekly from 12pm to 1pm on Saturday Eastern Time - New York

Where: Kitchen

Joining info: Join with new Google Meet link:

<http://meet.google.com/rpi-fxur-ivu>



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Program Highlights

- ▶ Complete in-depth evaluation & treatment by Board Certified Obesity Specialist.
- ▶ Individual Care Plan & Nutritional Counseling.
- ▶ Virtual & in-person trainer led exercise classes.
- ▶ Weekly cooking demos & nutrition classes.
- ▶ Advanced treatment for severe disease using weight loss medication or weight loss surgery.

Clinic Address

1162 Eastern Pkwy,
Brooklyn, NY 11213
Phone: 718.221.1598

Downstate Clinic

450 Clarkson Ave,
Brooklyn, NY 11203
Phone: 718.270.3065



SCAN ME

Contact Rena 718.221.1598



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