



LIVE LIGHT LIVE RIGHT

At Brookdale

August 2013

NEWS & NOTES

Dear Friends,

The children in our program and their families are working hard to live healthy lives, but they need our support and help. And we need yours.

As we begin a new school year and enroll new children in our program, we are reminded of the critical role you play in the work that we do. Our programs run on the donations we receive from our supporters. The Robin Hood Foundation provides funding for our program. But without you, we wouldn't be able to provide the children we serve with this vitally important service for them. No donation is too small to help. \$25 would provide a participant with gym membership for a month. \$50 would pay for an hour of nutritional counseling for a group of 10 children. Even \$5 or \$10 would make a difference.

If you cannot donate money at this time, [consider an in-kind donation](#). Our kids are heading into a new school year and need backpacks, sneakers, sports equipment and healthy snacks.

Every bit makes a difference in the lives of the children in our program. [Donate today.](#)

You can also mail your donation to:

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

For questions or more information call Rena or Genella at 718-240-8125 or 8325.
Drop us a line at sblech@livelight.org or just visit our website LiveLight.org.

Yours truly,

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

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Sign Up Today! Our new session starts September 2



Our new fall session is just around the corner. In fact, it starts September 2. Space is limited and it's filling up fast. So if you haven't already, sign up today. Call Rena or Genella at 717.240.8125 or 8325 for an appointment.

Scroll to the bottom of this email for a full list of our exercise locations.

Welcome Elisa Zied!



[We are thrilled to welcome Elisa Zied](#), a registered dietitian nutritionist, to our advisory board. Elisa also writes a blog for Parents.com called The Scoop on Food. It highlights topics that parents care most about when it comes to feeding their kids.

She's written about sugary drinks, fast food, hydration, food allergies and much more. [Check it out here.](#)

"As a mother of two, I work hard to raise my children to live and eat well," Elisa told us recently. "Once an overweight child, I turned my life around by eating less and eating better, and making fitness a priority in my life. I am thrilled to share my personal and professional experiences and work alongside an amazing staff and terrific children by serving on the Advisory Board of Live Light Live Right. I also love the fact that it's based out of Brookdale Hospital--the hospital in which I was born!"

We're excited to welcome Elisa to our team and look forward to working with her.

Summer camp was a huge success (not to mention fun!)



[Our Live Light Summer camp started its 6th season this summer.](#) The 40 campers were excited as they all ran into the gymnasium at Teacher's Prep High School, our venue for many of the past six years. Some of the campers knew each other from previous Live Light summer camps. Some knew each other from their Live Light Live Right exercise site throughout the year. Some knew each other from the neighborhood. The one thing that was certain is that they felt emotionally and physically safe with each other. They already had their Live Light Live Right T-Shirt, hat and backpack and were ready to start the summer with fun, laughs and inspiration.

We are continuously educating the campers, as we do throughout the year, as to good nutrition choices, fitness goals and self esteem building. As one of our parents writes, "Thank you for this program, my son Steven is enjoying the camp and is also making good choices starting from the first day of camp. On the first day after camp, he went to the supermarket, usually he would have picked a bag of chips, I was surprised he chose yogurt. My heart was jumping with joy. Thank you."

Kim Richardson, our camp director and Ebony Harris, our health director, are not only seasoned professionals taking care of our children for the summer, but they are our dedicated exercise trainers throughout the year. When it comes to the Live Light Live Right participants, they truly care and protect them as if they were their own.

We went on fantastic field trips to the Metropolitan Museum of Natural History, Bronx Zoo, Gleason's Gym, Toy Museum, Coney Island Beach, Brooklyn Cyclones game, Frames Bowling and Luna Park Amusement Park. We carefully select trips that will

encourage, motivate, challenge their minds and of course be fun.

We are already planning for our seventh season next year! So, please sign up early and check out [more fabulous pictures of summer on our blog](#).

Junk food cravings worse if you don't get enough sleep



Pulling an all-nighter might help when it comes to cramming for a high school chemistry test, but it can also make you reach for a Big Mac the next morning. When people don't get enough sleep, they are more likely to eat junk food, say researchers.

[A new study from the University of California](#), Berkeley found that people who did not get enough sleep had impaired decision-making skills and the reward center of their brain was heightened. So people who didn't get a good night's sleep were more likely to reach for an unhealthy snack than someone who was well rested.

"High-calorie foods also became significantly more desirable when participants were sleep-deprived," said Matthew Walker, a UC Berkeley professor of psychology and an author of the study said in a prepared statement. "This combination of altered brain activity and decision-making may help explain why people who sleep less also tend to be overweight or obese."

This news is particularly troubling for obese children and teens who often suffer from obstructive sleep apnea which impairs quality of sleep and is associated with snoring and frequent body movements at night. Obesity can make it more difficult for a child to get enough good quality sleep. Without enough sleep, it's more difficult to manage your appetite.

At Live Light Live Right, we do a complete sleep assessment and sleep studies on our patients to improve sleep quality and quantity. This helps with the food cravings and helps curb increased weight gain.

Healthy Tip of the Month: Breakfast is your best friend



[It's true, breakfast is the most important meal of the day.](#) In fact, eating breakfast instead of skipping it can actually help you lose weight. Why?

Well, when you sleep for a full night, your body hasn't had any calories in 8 or 10 hours, so it's like a car running on fumes. It needs fuel to get going. (That's why it's called breakfast as in, you are breaking a fast.)

If you eat when you wake up, it helps fire up your metabolism, allowing your body to burn more energy. Eating breakfast helps you from getting too hungry and overeating later in the day.

If you're not a breakfast fan, try some of these healthy breakfast ideas:

- Fresh fruit with low-fat or non-fat yogurt
- Unsweetened cereal or oatmeal with low fat or fat free milk
- Eggs
- Whole grain toast with peanut butter

Making healthy choices at the salad bar



Salads can make a wonderfully healthy meal, but when the ingredients aren't chosen wisely, they can also be deceptively fattening with rich creamy dressings and fatty toppings like bacon that pile on the calories. [Learning how to navigate the salad bar](#) options can take some time, but the reward is certainly delicious.

When you go to choose a salad, fill your bowl with healthy, low-fat ingredients. Here are some of our favorites:

- Chick peas (garbanzo beans) are high in protein, fiber, folate and manganese. (Folate is good for blood cell and heart health)
- Tomatoes a great source of fiber and vitamins A and C. Vitamin C boosts your immunity and promotes healing.
- Carrots are a great source of vitamins A and K. Vitamin A is good for your eyes, skin, bones and teeth.
- Red kidney beans are high in protein, fiber, folate and phosphorus. Protein and fiber help you feel fuller longer.

- Spinach is high in antioxidants and flavonoids, which are good for fighting cancer and inflammation.
- Beets are a very good source of folate and manganese, which is important for your metabolism.
- Mushrooms are a great source of riboflavin, which helps prevent premature aging.
- Broccoli is a good source of vitamin C and K. Vitamin K is good for bone health and blood clotting.

Here are some more tips for a healthy salad:

- When choosing leafy salad greens, choose the darkest greens you can find (they have higher levels of nutrients)
- Choose fresh vegetables instead of canned when possible - they have less sodium
- Pick only one starchy choice (like beans, corn, peas, potatoes, or pasta) per salad. Beans are best because you can also get protein, too
- Choose a lean protein for your salad to keep you full for longer like egg whites, grilled chicken, turkey, tofu, or water-packed tuna
- Dress your salad in low-fat dressing (2 tablespoons at most) or a little olive oil with vinegar or lemon juice

Salad bar options to avoid (or use only sparingly)

- Foods dressed in lots of mayonnaise such as creamy pasta salads, tuna or chicken salad, potato salad, egg salad, or cole slaw (try regular tuna instead of tuna salad with mayonnaise for example)
 - Creamy salad dressings like ranch, blue cheese, Caesar, or Thousand Island, which can easily add on 300 calories! (Try heart-healthy olive oil and vinegar instead)
 - Croutons, crunchy noodles, or bacon bits (Try peppers or celery, or a small sprinkle of nuts or seeds for crunch)
 - Cheese (Try choosing a cheese like parmesan or feta instead of cheddar, American, or Jack; you can use less because it has more flavor)
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Visit one of our exercise locations

Flatbush YMCA

1401 Flatbush Ave, Btw Farragut and Foster
Competition Boys Basketball
Monday/Wednesday 5:00pm - 6:00pm

General Exercise
Monday/Wednesday 5:00pm - 6:00pm

Beacon PAL/Kappa V

Corner of Hegerman Ave and Rockaway Ave
Competition Boys Basketball
Friday 5:30pm-6:30pm
Saturday 9:00am - 10:00am

Brownsville Recreation Center

1555 Linden Blvd
General Exercise Program
Friday 4:30pm - 5:30pm or 5:30pm - 6:30pm
Saturday 9:30am - 10:30am or 10:30am - 11:30am

Bed Stuy YMCA

Bedford Avenue between Monroe and Gates
General Exercise Program
Tuesday and Thursday - 5:00 - 6:00pm

Camba Beacon/George Gershwin

IS 166 Btw Linden Blvd and Stanley
General Exercise Program
Monday and Wednesday- 5:00 - 6:00pm

To sign up for a class, call Rena or Genella at 718-240-8125 or 8325

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