



LIVE LIGHT  
LIVE RIGHT

At  
Brookdale

December 2013

## NEWS & NOTES

Dear Friends,

The holidays are a wonderful and exciting time for children. But they can also be a challenging time for a child struggling with obesity. Between the feasts and the parties, the opportunities to overeat are endless. With all the delicious pies and calorie-laden meals, sticking to a low calorie diet can be challenging even for people with enormous willpower.

We work with the families in our program to help give them the tools to enjoy the holidays without losing sight of their weight goals, like the holiday tip sheet we offered this month.

The holidays also remind us of the financial struggles the families we treat face. Now is a great time to consider holiday giving. Many of our kids will need gifts and help with holiday events. If you'd like to donate, you can do so through [our website](#).

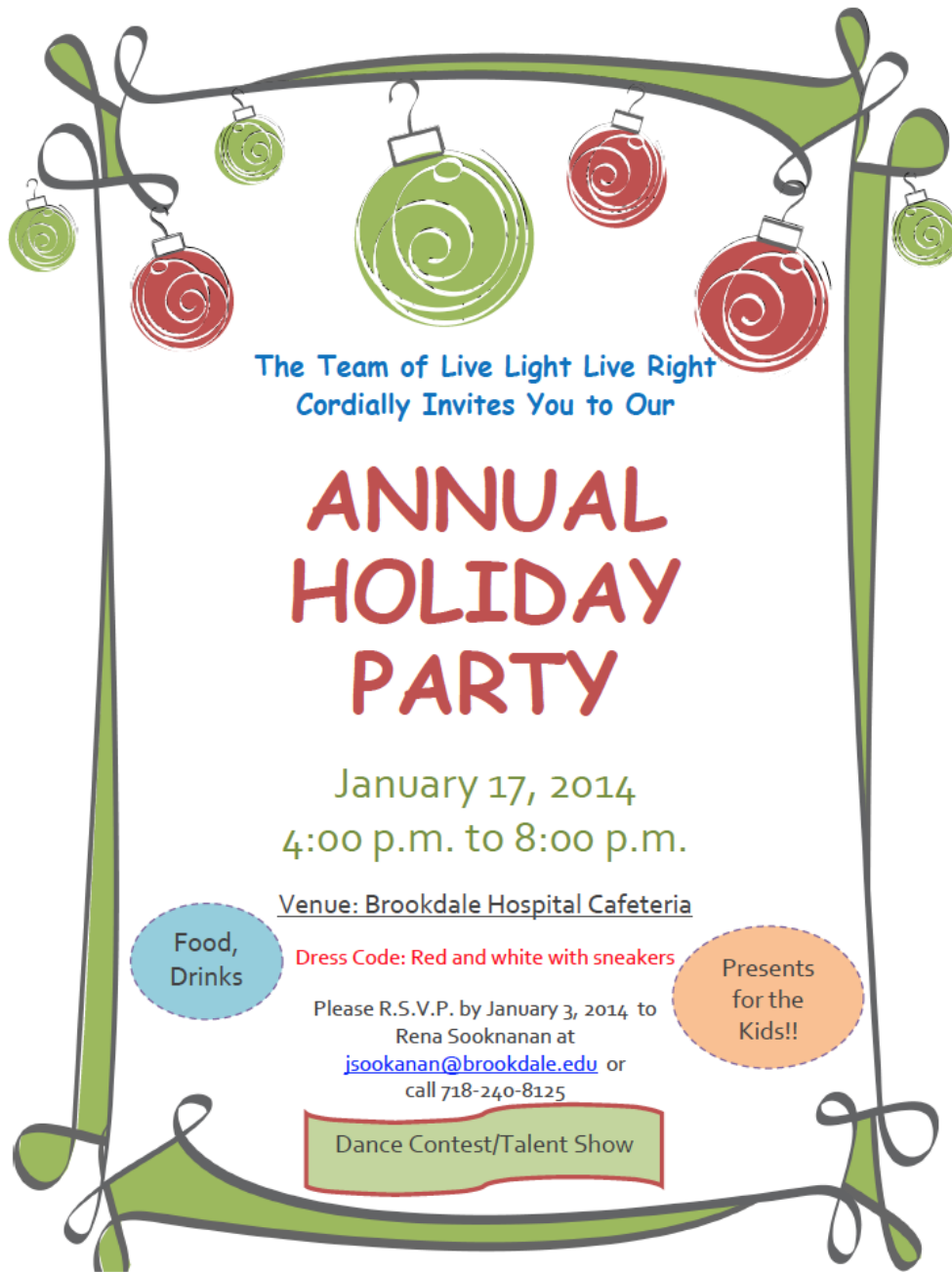
You can also mail your donation to:

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

For questions or more information contact Alisha at [Alisha@livelight.org](mailto:Alisha@livelight.org) or 516-984-6865. Or just visit our website [LiveLight.org](http://LiveLight.org).

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](http://livelight.org)



The Team of Live Light Live Right  
Cordially Invites You to Our

# ANNUAL HOLIDAY PARTY

January 17, 2014  
4:00 p.m. to 8:00 p.m.

Venue: Brookdale Hospital Cafeteria

Food,  
Drinks

Dress Code: Red and white with sneakers

Presents  
for the  
Kids!!

Please R.S.V.P. by January 3, 2014 to  
Rena Sooknanan at  
[jsookanan@brookdale.edu](mailto:jsookanan@brookdale.edu) or  
call 718-240-8125

Dance Contest/Talent Show



## Help Your Child Avoid Holiday Weight Gain



During the holiday season it is easy to pack on the pounds. Mixing large amounts of tempting food with time off from school to indulge in sedentary activities like watching TV and playing computer games can lead to unwanted pounds. With a little advance planning, you can help your child navigate the holiday season successfully. So what can you do to see that your kids enjoy this year's festive season without gaining unnecessary weight?

**Here are some tips**

### **Downsize your portions**

Did you know that the more food served, the more you will eat? This happens even if you don't particularly like what we're eating! Keep your child's portions small,

especially with calorie-laden foods like gravy, stuffing, and desserts. Still hungry? Load up on more vegetables and salad.

### **Stop eating directly out of the bag, box or container**

It's hard to keep track of how much food you're eating when you nibble without using a plate. Remove what you plan to eat from the bag, package or container. Portioning the food out helps to avoid mindless hand-to-mouth munching that can add lots of extra calories.

For more tips, [visit our website](#).

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## **Combat Holiday Binging with Daily Exercise**



With the holidays upon us, the risk of overeating and not exercising enough is huge. But a [new study shows](#) that even just a moderate amount of daily exercise can make a significant difference in longterm health.

Researchers at the University of Bath found that people who were otherwise completely sedentary and overate had far fewer health complications if they exercised daily. In the study, published in October in the Journal of Physiology, researchers showed how they studied the behaviors of young, fit men. They put them into two groups and told both groups to overeat and cut down on their movements for a week. One group was told to run on a treadmill for 45 minutes a day. The other group did nothing. Even in as short a period as a single week, the results were striking: The completely sedentary group already demonstrated deteriorating health while the group that worked out daily had almost no ill effects from the eating binge.

The message from this is clear: Although eating in moderation is always key to good health, if you keep up daily exercise it can help during periods of indulgence. Exercise is critical to good health.

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## Participant of the Month: Ariana



When Ariana's grandmother learned that her 9-year-old granddaughter was developing insulin resistance and would be prescribed medication, she rallied the support team together. She wanted to do everything she could to stop the disease process in its track and make sure Ariana would be healthy.

The family listened to the treatment teams' advice to cut out excess sugar, eat plenty of vegetables, stop frying food and stop drinking juice. Ariana took more dance classes. And when she did a repeat blood test, she no longer needed to be on medication! This goal was reached because everyone in the family participated.

Ariana said it wasn't hard, but her grandmother noticed that at times Ariana struggled with this new way of eating. Along with modifying her diet, Ariana continued to exercise at the BRC. Ariana fondly calls the BRC trainer Ebony "a pusher". Ariana explained that Ms. Ebony "pushes me, but I love it."

Ariana further explains that "To whom much is given much is required". To Ariana, that means that if someone gives you the opportunity to do something you should push yourself and try your very best to succeed.

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## LLLR Receives \$35,000 Grant for Volunteer Program



We are thrilled to announce that we received a [\\$35,000 Health Care Improvement grant](#) from the United Hospital Fund, our first grant from the organization.

The grant will help us promote voluntarism through our new Let's Share Volunteer Program, which operates in conjunction with Brookdale Hospital Medical Center. Each year, Brookdale's over 700 volunteers' selfless contributions of time and energy help make a difference.

The new funding will help Live Light train volunteers on how to educate the local community about the health risks associated with childhood obesity, poor food choices and the lack of physical activity. The Live Light team will provide new volunteers with an extensive training program to orient pediatric patients and their families about the Live Light program.

Volunteers will work closely with the Live Light team to educate our participants about how to read food labels, determine portion size and make better food choices. The volunteers will create a directory of anti-obesity resources that are available in the community to share with our participants. Volunteers will also go out into the community to recruit new patients and educate them about Live Light Live Right and they will join our senior community care coordinator at outreach events, such as health fairs and school events.

This is a very exciting new program that we can offer the people within our community. With the generosity of United Hospital Fund we can grow Live Light Live Right and reach more children and their families to combat obesity. If you are interested in this exciting volunteer opportunity please contact Rena Sookanan at 718-

240-8125 or Arlene Martin at 718-240-5277.

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