

Live Light Live Right Newsletter

Fall 2014

In This Issue

[Featured Food](#)
[Guest Blogger](#)
[Nutrition Corner](#)
[New Partners and Supporters](#)

Quick Links

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Happy Halloween



Live Light Live Right wishes you a very safe Happy Halloween. [Read here](#) for some great tips on ways to manage all the candy that the kids bring home.

Ask The Experts Barry Panzer, Ph.D, ACSW, BCD Weight Bias

Overweight and obesity in childhood can be the first step in the development of diabetes, heart... To read Dr. Panzer and Dr. Dhuper's latest article [click here](#). [Learn More](#)

Partnering with Knockout Obesity



LIVE LIGHT LIVE RIGHT

At Brookdale Hospital

Dear Friends,

Happy Fall! The fall weather is finally here, it is the perfect time of the year for apple and pumpkin picking, or getting lost in a corn maze. Fall is the most beautiful time of year, with the leaves changing on the trees and exploring nature, which is a great opportunity to stay active. You can simply go for a hike or plan a nature walk with your family and friends.

The Live Light Live Right program is moving forward, and constantly adding new and exciting activities. This month we partnered with [Knockout Obesity](#) and the [Brownsville Recreation Center](#), to demo the "KO Program," which is a boxing and nutrition class. The kids really enjoyed this program and we are looking forward to continue to working with them. Our *Kids Ride Club* began in September with our partners [Bike NY](#). The children in our program have enjoyed learning how to ride their bikes and being outside.

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 the Kids Ride Club 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
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livelight.org

Live Light Live Right's Feature Food: Pumpkin



On Saturday, October 25, 2014, youth from Live Light, Live Right visited the Brownsville Recreation Center to participate in the 'KO Program,' a local boxing initiative aimed at...

[Learn More](#)

LLLR Kids Ride Club



On October 18, 2014 we launched our Kids Ride Club with our partners Bike NY. It is being facilitated from P.S. 202, Ernest S. Jenkyns in Brooklyn, NY. Stayed tuned for more information on this program.

P.A.T.H Program

The goal of the P.A.T.H. Program is to provide parents with a set of special skills, so that they can guide their own child/children in coping...

[Learn More](#)

Madhu Rao Scholarship for graduate students from SUNY Downstate

A scholarship program was established by Drs. Alicia and Madu Rao for students at SUNY Downstate School of Public Health for students that...

[Learn More](#)

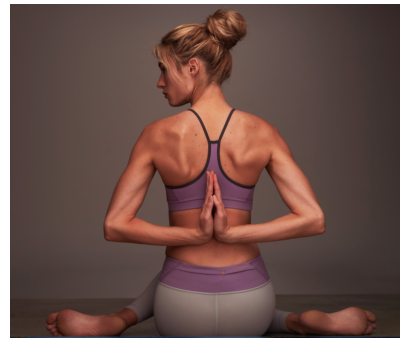


The Surprising Facts About Pumpkin

It's finally pumpkin season, and the reasons to celebrate are many. Pumpkin plays a starring role in Thanksgiving, but you should consider making it a more regular part of your diet. The bright orange flesh of a pumpkin is loaded with fiber and key vitamins and minerals. It's also easy to use pumpkin in a variety of recipes from sweet to savory.

[Learn More](#)

Guest Blogger: YOGASMOGA



YOGA APPAREL BRAND SHOWS REAL BEAUTY

The benefits of yoga range from healing aches and pains in the body, to fortifying the immune system. It comes with little surprise that people of all ages, backgrounds, shapes and sizes have been positively impacted by taking up a yoga practice. While many are mindful of the reasons that bring them to the studio, not much thought goes into the messaging behind the clothes these yogis sport in class.

As the yoga movement gains popularity in Western markets, many brands are jumping on the opportunity to appeal to this growing group.

[Learn More](#)

Nutrition Corner

Nutrition Know How...Tips to get through the school year!

November is upon us, and the kids are well into the school year. While most of us plan on what we will wear to school each day, or do we have all of our homework? Are you still struggling with, What do I eat for lunch? It is time.....

[Learn More](#)

New Partnerships and Supporters

Contact Us

Clinic Appointments:
718-240-8125
Information about the
Program
info@livelight.org

Bike NY, Kids Ride Club

Crunch Fitness, Fitness program from LLLR participants and their families, Brookdale Hospital Employees

[Crunch Fitness Flyer for Brookdale Employee](#) (please note this date has been extended)

Knockout Obesity, Boxing Program for LLLR participants at the Brownsville Recreation Center

YOGASMOGA, fitness clothing line made in the US and has a non-profit called NAMASKAR Foundation