

Live Light Live Right Newsletter

Fall 2014

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Happy Valentine's Day



Live Light Live Right wishes you a very special Valentine's Day. [Here](#) are special healthy treat ideas.

Ask The Experts Sarita Dhuper, MD. FACC

What is Insulin resistance and how does it contribute to obesity?

Insulin is a hormone made in the pancreas by a group of cells called Beta cells. When we



LIVE LIGHT LIVE RIGHT

At Brookdale Hospital

Dear Friends,

Welcome to the winter. It's snowy and cold outside, but there are many activities that you can do indoors to stay active. There are many affordable gyms like [Crunch Fitness](#) and [Planet Fitness](#) that make it easy to keep your fitness routine, several [at home exercises](#), and playing outside in the snow is fun and a great workout.

The Live Light Live Right program is moving forward and constantly adding new and exciting activities. In February, we kick off our new boxing program with [Knockout Obesity](#) that will take place at our CAMBA Beacon 166 location. We are very excited to start this year long program. Our *Kids Ride Club* began in September with our partners [Bike NY](#) and we will be gearing up to start again this spring. This has been a great experience for our children and they are looking forward to starting up again.

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,

eat carbohydrates-
sugars and starches
found in many foods...

[Learn More](#)

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

Live Light is "Knocking Out Obesity"



On February 24th, 2015 we will be starting the spring 2015 boxing program with Knockout Obesity at our partner CAMBA Beacon166 location.

[Learn More](#)

LLLR Kids Ride Club



We are looking for participants to sign up for the spring 2015 Kids Ride Club.

[Learn More](#)

Live Light Live Right Holiday Party



Live Light Live Right was able to give the best

Live Light Live Right's Feature Food: Juicing



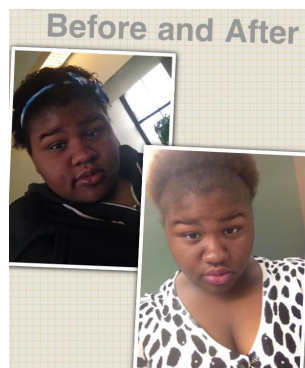
An Immune Booster That Tastes Great and May Even Curb your Appetite!

By Judy E, Marshel, PhD, RD, CDN

Juicing is a powerful way to get incredible doses of healthy vitamins and nutrients into your body. It can have dramatic positive effects. Fresh vegetable juice helps to give you more energy, lower your chances of contracting chronic disease and may even accelerate weight loss.

[Learn More](#)

Participant of The Month: Rushell Walker



A Story of Transformation

Rushell's journey with Live Light Live Right began in 2011. She was not happy with herself and wanted to live a healthier lifestyle. She was on a roller coaster ride with her weight and was very frustrated. In 2014, Rushell made the decision to get bariatric surgery. She witnessed the success of her mother's surgery and wanted the same for herself.

[Learn More](#)

holiday party...

[Learn More](#)

New Partnerships and Supporters

[Bike NY](#), Kids Ride Club
[Crunch Fitness](#), Fitness program from LLLR participants and their families, Brookdale Hospital Employees
[Knockout Obesity](#), Boxing Program for LLLR participants

Contact Us

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

Summer Camp 2015

It's already time to plan for the summer. We are looking for participants that are already enrolled in our [Live Light Live Right](#) program, previous participants that would like to come back or someone new that would like to join our program.



We are partnering with [Fresh Air Fund](#) and [CAMBA](#) for our Summer Programs, in addition, we will be doing a LLLR Fitness Challenge and the Kids Ride Club.

If you are interested in any of these programs contact us at 718-240-8125.

Nutrition Corner



Is Coconut Oil Healthy?

By Judy E. Marshe, PhD, RD, CDN

Coconut oil, previously shunned by the health and wellness community for its high saturated fat content, is now a staple cooking oil in many households. It can be found not only in specialty health food stores, but at most local grocers as well.

[Learn More](#)