

MPOWER

Michigan Pediatric Outpatient Weight Evaluation and Reduction Program



Dr. Bethany
Sallinen

Meet the newest member of the MPOWER team

Dr. Sallinen is a Clinical Assistant Professor in the Department of Pediatrics and Communicable Diseases, Division of Child Behavioral Health. Dr. Sallinen earned her doctoral degree in clinical psychology from the University of Maine. She completed her residency and fellowship in child clinical and pediatric psychology at the University of Florida. During her fellowship, Dr. Sallinen specialized in pediatric weight management. Her research interests include treatment and prevention of pediatric obesity, psychosocial issues and family functioning in pediatric obesity, and health promotion.

Pediatric Comprehensive Weight Management Center Team

Susan Woolford, MD, MPH
Pediatrician and Medical Director

Rachel Berent, LMSW
Clinical Social Worker

Pamela Galofaro, PA-C
Physician Assistant

Catherine Kraus, RD, Med, CHES
Dietitian, Sr.

Chrissy Robert, MS
Exercise Physiologist

Bethany Sallinen, PhD
Psychologist

Joanne Esch
Administrative Assistant, Sr.

375

**total pounds lost
by patients in the MPOWER program**



Low Calorie Eggnog

½ cup of egg substitute (equal to two eggs)
½ cup Splenda or other sugar substitute
1 13 oz. can evaporated non-fat milk, chilled
8 ounces non-fat milk
2 teaspoons vanilla
½ teaspoon rum flavor (optional)
Ground nutmeg

Using a blender, mix egg substitute and sugar substitute for about one minute until blended. Add both types of milk, vanilla and rum flavor. Mix about one minute more. Refrigerate until cold. Sprinkle with nutmeg before serving. Makes six ½ cup servings.

Per serving:
85 calories
0 grams fat

Safe Holiday Eating

You may have heard me say it before but it's not enough to **eat healthy food- you also need to **practice** food safety!**

Myth: Is it safe to thaw meat on the counter?

Truth: Never defrost food at room temperature! Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.

Myth: When we have family parties, we leave food on the table all day long. That's ok, right?

Truth: Remember the "2 hour rule". Foods should not sit at room temperature for more than two hours. Keep track of how long foods have been sitting on the buffet table and discard anything there two hours or more. Bacteria can multiply quickly in foods containing dairy products, so be sure to keep those items refrigerated until serving time!

Keep **HOT foods **HOT!**
Keep **COLD** foods **COLD!****

Tips for being a safe food handler:

Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets.

Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food.

Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.

Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.

Don't let children (or adults) eat cookie dough or lick the mixer beaters if the recipe you've made contains raw eggs. Raw eggs could be contaminated with Salmonella—a leading cause of foodborne illness.

As you all know, losing weight is not easy. When a person decides to lose weight, a lot of work and persistence goes into making it happen. So far, all of you in the MPOWER program have lost a combined total of **375** pounds. That's truly something to be proud of!

It can be difficult to stay motivated since weight loss doesn't happen overnight. Therefore, positive feedback and incentives are extremely important. The passport system was designed to reward you for completing your take-home tasks and for creating healthy lifestyles. In addition to these rewards, we want you (all MPOWER participants) to have something to work towards. **"Just for Kids"** is a non-profit charity foundation that was established in 2001 by Lisa Zimmer and Mike Hopkins. This foundation has agreed to provide additional incentives for you as you work toward your weight loss goals.

When a **25** pound weight loss is achieved, a \$50 gift certificate to Best Buy will be awarded to you. When a **50** pound weight loss is achieved, a "major reward" will be given. This will be a personalized gift selected just for you so those achieving this milestone will receive something they truly want. We hope that this program inspires you to continue creating healthy lifestyles!



Activity Quiz

Please turn in your answers to
Chrissy to receive a **prize!**

1. List three benefits of regular physical activity.
2. What type of activity do you do to work your heart and lungs?
3. What are the long-term consequences of physical inactivity?
4. Which muscle pumps oxygen around the body?
5. What kind of activity builds muscles and bones?
6. The best way to stay motivated with physical activity is to do the things you _____.
7. Why is the plank such a good exercise?
8. Should all physical activities be easy?

Get Into the Swim of Things

Are you ready to take the plunge and try a new fitness activity? How about water exercise?

Also known as aquatics, water exercise is one of the best non-impact fitness activities around and just about anybody can participate.

Here are the facts: The buoyancy of water reduces the "weight" of a person

by about 90 percent. This means that the stress on weight-bearing joints, bones and muscles is similarly reduced.

For this reason, it is unlikely that a water workout will result in injury or leave you with sore muscles. That's why the pool is such a great place for people with arthritis or back problems to exercise, and for those who are new to exercise.

But don't get the idea that just because it doesn't hurt, you can't get a great workout in the pool. Water exercise can encompass all of the components of fitness: cardiovascular fitness, muscular strength and endurance, and flexibility. And, when done regularly, water exercise can help reduce body fat.

Water works your heart

Aerobic workouts in the pool are perfect for those who find the same movements on land too jarring or painful: running, striding, kicking, leaping and even dancing.

Keep in mind that in the water, heart rate will be reduced by as much as 17 beats per minute when compared to land exercise. That's why it's so important to pay attention to how you feel.

Water adds resistance

The resistance of water is perfect for a strength-training workout - instead of weights, the water itself provides the resistance. One of the easiest ways to create resistance in the water is to cup your hands and push or pull the water away from you.

The flexible benefits of water

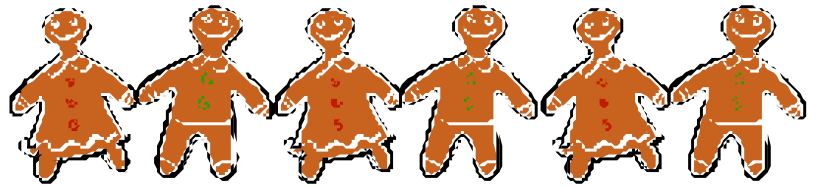
One of the greatest benefits of water exercise is its effect on flexibility. Water is a welcome environment for performing stretches that might otherwise be difficult on land. Because the effects of gravity are lessened, you can move your joints through a wider range of motion and achieve long-term flexibility.

**Pediatric Comprehensive
Weight Management Center**

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***Fitness Fact:
There are 1,440
minutes in every day.
Schedule 30 of them
for physical activity!***



Gingerbread Cookies

1 cup molasses	2 teaspoons baking soda
1 cup brown sugar	1 teaspoon salt
2/3 cup cold water	1 teaspoon ground allspice
1/3 cup margarine, room temperature	2 teaspoons ginger
4 cups all-purpose flour	1 teaspoon ground cloves
3 cups whole wheat flour	1 teaspoon cinnamon
	Vegetable cooking spray

Preheat oven to 350°F. Combine molasses, sugar, cold water and margarine in large mixing bowl. Mix well. In another bowl, combine the remaining ingredients. Fold dry ingredients into the molasses mixture. Cover and refrigerate for at least 2 hours.

Turn dough out onto floured board or countertop and roll out to ¼ inch thick. Cut with our favorite shapes of cookie cutters. Spray cookie sheet with vegetable cooking spray. Place cookies 2 inches apart on prepared sheet. Bake for approximately 10 minutes or until cookies will not indent easily when pressed. Yield 60 cookies.

Nutritional info per 1 cookie: Calories 86, fat 1.2g, Dietary Fiber 1.0 g.

Benefits of Counseling

By Rachel Berent, LMSW

If you've met with me once, you have probably heard me talk about the importance of addressing your emotional and mental health needs. Overeating is often a symptom of a larger problem and it is necessary to recognize and address the underlying issues instead of ignoring or covering them up. By developing self-awareness and effective coping skills, you can learn to identify and address your underlying feelings rather than escaping from them through food. You will learn more about emotional eating and healthy coping skills during your individual and group sessions. Mental health counseling is extremely beneficial when trying to change deep-rooted behavioral patterns. If you think emotional eating is an issue for you or if you are suffering from depression, anxiety, family or relationship difficulties or are having a difficult time managing your anger and emotions, counseling may be beneficial. Please contact me for more information or for assistance in finding a qualified therapist. I can be reached at 734-763-4785 or rberent@med.umich.edu.

Why Do Healthy Foods Matter?

After you STOP eating so much junk food, the next step to fitness is to replace those 'empty calories' with healthy foods. To do so, turn to the food group for fruits, vegetables, and whole grains that are key to a healthy lifestyle. These foods taste great and contribute to making you fit. Rank your top five foods from these lists of fruits and vegetables:

My Top 5 Fruits:

- | | |
|--------------------------------------|---------------------------------------|
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Blueberries |
| <input type="checkbox"/> Apples | <input type="checkbox"/> Guava |
| <input type="checkbox"/> Oranges | <input type="checkbox"/> Kiwi |
| <input type="checkbox"/> Pears | <input type="checkbox"/> Grapes |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Cherries |
| <input type="checkbox"/> Tangerines | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Clementines | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Lemons | <input type="checkbox"/> Blackberries |
| <input type="checkbox"/> Plums | <input type="checkbox"/> Honeydew |
| <input type="checkbox"/> Peaches | <input type="checkbox"/> Cantaloupe |
| <input type="checkbox"/> Nectarines | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Mangoes | <input type="checkbox"/> Papaya |

My Top 5 Vegetables:

- | | |
|--|---|
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Avocado |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Carrots |
| <input type="checkbox"/> Okra | <input type="checkbox"/> Celery |
| <input type="checkbox"/> Brussel sprouts | <input type="checkbox"/> Beets |
| <input type="checkbox"/> Tomatoes | <input type="checkbox"/> Asparagus |
| <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Lettuce | <input type="checkbox"/> Pumpkin |
| <input type="checkbox"/> Red Peppers | <input type="checkbox"/> Artichoke |
| <input type="checkbox"/> Green peppers | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Bok choy |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Mustard greens |

Mini-Martian Marathon

Receive a t-shirt and a medal for **FREE**, plus other prizes along the way. All you have to do is start walking and logging...run/walk 25 miles between now and April 5, 2008. Then on April 5, as an MPOWER team, we will line up in front of thousands of people to finish the last 1.2 miles of our marathon adventure!

Ask **Chrissy** for a sign-up sheet or, if you already have one, please turn it in ASAP so you can start logging your miles and receive prizes. Remember, the entry fee has been waived for MPOWER participants!

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