

# MPOWER

Michigan Pediatric Outpatient Weight Evaluation and Reduction Program

## ***Our First Issue!***

We are excited to launch the first issue of our new monthly newsletter and hope you are just as excited to receive it. We plan to share helpful information, our patients' success stories, and happenings at the Pediatric Comprehensive Weight Management Center.

We welcome ideas of things you would like to see in this newsletter and we will do our best to bring that information to you. Just talk to any member of our team.

This first issue is all about how to stay on track and have a happy, healthy, holiday season. Hope it helps. Let us know what you think.

**321**

**total pounds lost**

**by patients in the MPOWER program since  
March 5, 2007 when we opened our clinic.**

## ***Pediatric Comprehensive Weight Management Center Team***

***Susan Woolford, MD, MPH***  
Pediatrician and Medical Director

***Rachel Berent, LMSW***  
Clinical Social Worker

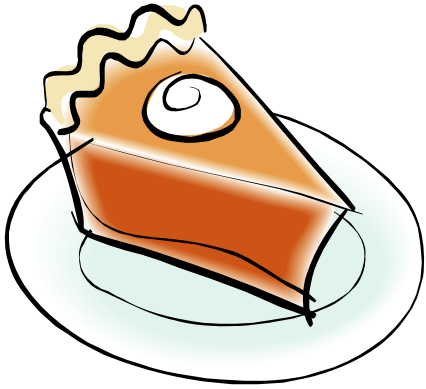
***Pamela Galofaro, PA-C***  
Physician Assistant

***Catherine Kraus, RD, MEd***  
Dietitian, Sr.

***Chrissy Robert, MS***  
Exercise Physiologist

***Bethany Sallinen, PhD***  
Psychologist

***Joanne Esch***  
Administrative Assistant, Sr.



## Creamy Pumpkin Pie, *contributed by Catherine Kraus, RD*

Preparation time: 15 minutes      Chilling time: 3 hours

- 1 cup skim milk
- 2 (1-ounce) packages instant vanilla sugar-free pudding mix
- 1/2 teaspoon pumpkin pie spice\*
- 1 can (15 ounces) pumpkin
- 1 (9-inch) graham cracker pie crust
- 1 cup fat-free whipped topping

In a medium mixing bowl, mix skim milk, pudding mix, and pumpkin pie spice together until well blended (this mixture will be thick). Add pumpkin and mix well. Spread pumpkin mixture in pie crust.

Top pumpkin layer with whipped topping and refrigerate for at least 3 hours or up to two days.

Serving size: 1/8 pie

\*Pumpkin Pie Spice: 1/2 tsp. cinnamon, 1/4 tsp. ginger, 1/8 tsp. allspice and 1/8 tsp. nutmeg.

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### Exercise Tips to Stay Fit

**Over the Holidays** by *Chrissy Robert, M.S.*

As the weather gets colder, the motivation to keep exercising decreases. A warm blanket in front of the TV sounds like the way to go. But then you think Chrissy is going to bug me and I know that physical fitness is crucial to my health and well being. The trick is to be creative and find indoor activities that you can do with friends/family that can work up as much laughter as sweat.

According to experts, teens need **one hour daily** of physical activity. You can do it all at once or break it up throughout the day. For example, you can run up and down the stairs for five minutes then after school jump rope and pushups for ten minutes and then before bed add in another couple minutes.

#### Indoor Activities Ideas:

- **U**se your bands
- **D**ancing
- **P**ushups, curl ups, stretches
- **C**razy moves - twisting, bending, jumping and lunging
- **U**p and down stairs

#### Outdoor Activities Ideas:

- **B**uild a snowman
- **R**un and throw snow balls
- **C**ross country skiing (skies are offered at the Metroparks)
- **S**kiing
- **S**ledding



# Surviving the Holidays *by Rachel Berent, LMSW*

Thanksgiving is often a time for people to come together for fun and food. Family activities often revolve around eating so it's extra important for you to prepare for difficult situations.



Here are a few tips so you can continue to lose weight and have a **successful holiday Season.**

**Remember** your goal! Make a list of all the reasons you want to lose weight. Look at it often! For additional motivation, create an inspirational collage, write in your journal or find a weight loss partner.

**Avoid** "Stinking Thinking"- If you accidentally overindulge, don't get discouraged and fall into a downward spiral. Instead, try to learn from your mistakes so you can prevent them from happening again.

**Know** what to expect and have a plan—there will always be goodies and tempting foods. If you eat a bite of EVERYTHING and never pass up a dessert or a second helping, you *will* gain weight. Create a menu plan in advance; you'll probably make better choices.

**Eat** a healthy snack before attending parties so you will be less hungry and less likely to over-indulge.

**When** at parties or social gatherings, avoid spending time in the kitchen or around food platters.

**Chew** gum—you will be less likely to indulge in mindless eating.

**Take** brisk walks before and after meals.

**Offer** to bring something—make a veggie or fruit platter so you're sure to have at least one healthy option.

**Focus** on spending quality time with friends and family and activities that do not involve food. You might even want to bring a few board games with you.

**Plan** fun activities that do not involve food - making holiday cards, creating festive decorations, building snowmen, playing winter sports, walk at the mall to make the most of the holiday spirit and to stake out sales in advance.

## ENTERTAIN YOUR BRAIN

*Can you figure out these riddles?*

*(They're a bit CORN-Y, maybe even CHEESE-Y)*

**Q1. What kind of fruit always has a buddy?**

**Q2. How did the magician knock over a full glass without spilling any water?**

**Q3. What food has eyes, but no ears?**

**Q4. What food has ears, but no eyes?**

**Q5. How do you make beef chili?**

The answers are sideways to the right.



Answers:

1. Pears
2. It was filled with milk
3. Potatoes
4. Corn
5. Put it in the freezer

## Cranberry Apple Relish



**Serves:** 20

**Preparation Time:** 20 minutes

**Total Time:** 3 hours 20 minutes

1 (12 ounce) bag fresh cranberries  
1 cup SLENDA No Calorie Sweetener  
1 cup water  
1 medium apple – peeled, cored, diced  
3 TBSP. orange juice concentrate  
1/3 cup golden raisins

Place cranberries, SLENDA No Calorie Sweetener, granulated, water and orange juice concentrate in a medium saucepan. Bring to a boil and boil 3-4 minutes or until cranberries start to thicken and water has reduced by about half.

Remove from pan and place in medium bowl. Cover and refrigerate 2-3 hours or overnight.

Add diced apple and half of the raisins to cranberries. Stir well. Refrigerate until ready to serve. Just before serving, sprinkle remaining raisins over cranberries as a garnish.

# Martian Marathon

On November 8, Randy Step, representing the Martian Marathon, came to the MPOWER group exercise class to talk to the patients about participating in this activity.

The idea is simple – just walk 25 miles between now and April 4, 2008. Log these miles on a training log sheet. Then on Sunday, April 5, gather at the University of Michigan Dearborn campus and finish the marathon – the last 1.2 miles as a group!

Just imagine the excitement as you cross the finish line with hundreds of others! You will receive a finisher's t-shirt and a finisher's medal. Start logging your miles today.

Once you log your 10<sup>th</sup> mile, bring your training log into any Running Fit store, show it off to the staff and you will receive a stuffed martian!



More information can be found at [www.martianmarathon.com/kids](http://www.martianmarathon.com/kids). See Chrissy or any member of the MPOWER team for more details and/or a training log.

### **IMPORTANT NOTICE:**

The Pediatric Comprehensive Weight Management Center will be closed the week between Christmas and New Year's. Please watch your mailbox for rescheduling information if you currently have an appointment during that time.

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Weight Management Center**

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**KEEP THE BEAT!**

**Resolve to eat healthy  
and move more!**

## Portion Plate Contest

Be sure to check out the back side of this page for the details about our ‘**Draw the Portion Plate Contest.**’

Please contact any member of the MPOWER team with questions.

## **Fitness Fact:**

**Only one in five Americans consumes the recommended five servings of fruit and vegetables per day.**



Members of the **MPOWER** team waiting their turn during the kickball game at the first annual **MPOWER** picnic held on September 16, 2007.

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