



SHAREWAY OF LIFE



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GREETINGS FROM ANOTHER SHARE INVESTIGATOR

Dear **SHARE** Participants,

Time continues to fly by, and we wanted to make sure to keep you informed about the progress of SHARE. We have successfully completed participation for the first group of SHARE participants, and we are already preparing to say goodbye to some of you whose two years in SHARE will be completed this December, as well as the last group to enroll, who will be completing SHARE around June of 2006.

Although I have not had the pleasure of meeting many of you, I have been significantly involved in the planning of SHARE, especially concerning the physical activity related elements. I have since changed my office location from the University of Pennsylvania to Wake Forest University School of Medicine in North Carolina, but remain a committed researcher involved in various parts of the SHARE Study.

As interesting research findings become available, we like to pass along some of the points that may be of interest to you. Some of you may have heard of the HELP (Healthy Eating and Lifestyle Program) weight management study, which was held here at Penn and completed in June 2002. Several of you may even have participated in HELP. One of the interesting findings that we discovered was that the **participants who increased their physical activity levels and decreased their time in sedentary and sitting activities during the study, lost more weight than those who did not make changes in their sitting and physical activity behaviors.** The changes in physical activity included structured changes, like taking walks for exercise and joining fitness facilities, but also small changes like walking more to get to places and taking the stairs instead of the elevator. This is important for you to know as you work hard towards achieving your weight loss goals, because these findings support the fact that doing any physical activity will give you a much better chance of reaching your goals. We all know that what we eat is very important for weight loss, but many of us often forget the importance of physical activity when it comes to weight loss. The HELP study has shown us just how important increasing regular physical activity and reducing sitting and other sedentary activities can be for weight loss.

Please don't give up on trying to keep up with your physical activity program, because we want all of you to succeed in reaching your weight loss goals. It's never too late to start being more active. If you have gotten out of the habit of being physically active, why not get back on track today by committing to one small change in your daily physical activity. If you were sidelined by an injury, remember check with your doctor before getting started with activity again. Always do a proper warm-up before your activity and cool-down and stretching afterwards to prevent injury and problems. As the seasons change and it starts getting cooler, start planning now for indoor activities you can do all year round. Find activities that you enjoy and can maintain throughout the year. And remember, any movement counts!

Sincerely,

Melicia Whitt-Glover, Ph.D.
SHARE Investigator

Special Points:

- Raffle
- \$50 Visit 5
- MyPyramid



Have you HEARD?? For attending your final measurement visit (Visit 5),
we will send you a check for **\$50.00!!!!**

TEAM SHARE

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Quarterly Quotes

"I cannot give you the formula for success, but I can give you the formula for failure—which is: Try to please everyone."

—**Herbert B. Swope**

"Knowing is not enough; we must apply. Willing is not enough; we must do."

—**Johann**

Wolfgang von Goethe

"You cannot step twice into the same river, for other waters are continually flowing on."

—**Heraclitus**

Bonus Quote

"Never, never, never quit."

—**Winston Churchill**

YOU TOLD US, YOU ASKED US

Question: Can I be considered healthy even though I am overweight?

Your weight is important for a lot of health issues, but weight is just one of many things that can impact your overall health. This question raises several issues about what "being healthy" means, such as whether making behavior changes is more important than actual weight loss and also that physical activity and healthful eating may impact health in more ways than just losing weight.



An overweight individual who exercises regularly could possibly be considered "healthier" than a thin person who has a sedentary lifestyle. That means that being physically fit can help you maximize your health even if you haven't lost enough weight to be at your ideal weight. Adopting healthy behaviors, such as doing regular physical activity and eating a nutritious diet, contribute to overall health AND weight loss. So if you focus on making safe and healthy long-term lifestyle changes first, you'll be getting all the additional health benefits of making those changes throughout the process of losing weight.

Being overweight, or obese, is very unhealthy if you don't get enough exercise and eat too many calories, including high amounts of saturated fat. So, to prevent putting excess strain on your heart, having high blood pressure and high blood cholesterol, and being more likely to develop diabetes, losing excess weight through exercise and diet is one of the best ways to reduce your risk of heart disease. Focusing on healthy behaviors is important for everyone's health, whether you are overweight or not. The SHARE Study is de-



signed to promote gradual weight loss, so build in at least 30 minutes of activity on most days per week, continue to keep track, and watch out for excess calories. You'll be on your way to a healthier you regardless of what the scale says!



JUST FOR YOU

In April 2005, the USDA unveiled [MyPyramid](#), a new symbol and interactive food guidance system. The new food pyramid replaces the Food Guide Pyramid introduced in 1992. There are some similarities and differences in the way it is structured. The [MyPyramid](#) symbol represents the recommended proportion of foods from each food group by color and still focuses on the importance of making smart food choices in every food group, every day. Physical activity is also a new element in the symbol. And the USDA chose to eliminate the use of the term "servings" in describing how much to eat. Instead, they describe recommended amounts in cups or ounces for the day, which can be eaten as several portions at different times.

There is also an interactive website: [MyPyramid.gov](#). Users can access [MyPyramid Plan](#), [MyPyramid Tracker](#), and many other helpful tips. [MyPyramid Plan](#) can be accessed directly from the home page by entering age, sex, and one of three physical activity levels, to obtain a food intake pattern that is right for each person. The website also offers Food Intake Recommendations and Sample Menus based on calorie intake. And through [MyPyramid Tracker](#), users can keep track, analyze food intake, and activity. At the [MyPyramid.gov](#) website, you will find a wealth of suggestions for maintaining your healthy lifestyle change. Choose a change that you can make today, and move toward a healthier you.



FOOD FOR THE SOUL BRAN MUFFIN BREAKFAST TRIFLE

- 3C crumbled low-fat bran muffins (about 3 medium muffins)
- 4C assorted fresh fruit chunks
- 2C nonfat or low-fat vanilla or fruit flavored yogurt

1. Place half the muffin crumbs in a glass bowl or airtight container. Arrange 3 1/2 cups of fruit on top. Cover with remaining muffin crumbs.
2. Spoon yogurt evenly over the top. Top with remaining fruit, cover and refrigerate for at least 6 hours or overnight.



No time to eat breakfast in the a.m.? Spoon this delicious meal into a container and go!!



Makes 6; 1 Cup Servings	
Content per serving	
Calories	177
Fat	2g
Cholesterol	2g
Sodium	98mg

HOMEMADE CORN TORTILLA CHIPS AND CHUNKY SALSA

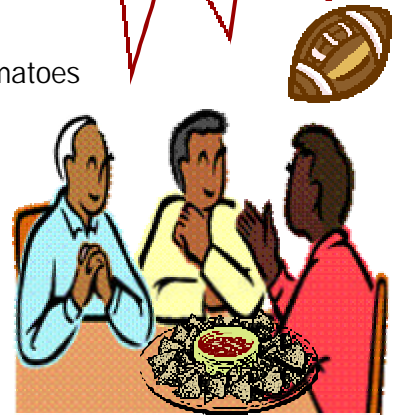
CHIPS

10 5-inch corn tortillas
 ⇒ Preheat oven to 400F. Bake for 8 to 10 minutes, or until crisp. Cool before serving. Store in airtight container for up to 2 weeks.

SALSA

- 1 14 1/2-ounce can chopped tomatoes
- 1/2C chopped green or yellow bell pepper
- 2 green onions, sliced
- 2tbl snipped fresh cilantro or parsley
- 1tbl white wine vinegar
- 1/2tsp ground cumin
- 1/2tsp bottled minced garlic
- Few dashes bottled red hot pepper

Want a snack? Enjoy this healthy combo with company, while watching sporting events, or anytime!!



CHIPS

Makes 8; 5 Chip Servings

Content per serving

Calories	49
Fat	1g
Cholesterol	0mg
Sodium	39mg
Protein	2g

SALSA

Makes 8; 1/4 Cup Servings

Content per serving

Calories	15
Fat	0g
Cholesterol	0mg
Sodium	85mg
Protein	1g

QUESTIONS, CONCERNS, COMMENTS?—PLEASE LET US HEAR FROM YOU.

(MAIL, FAX, OR E-MAIL THIS PAGE WITH YOUR COMMENTS.) PHONE: 215-746-7366
 FAX: 215-573-9978 SHARE STUDY, 3401 MARKET ST., STE. 202, PHILADELPHIA, PA 19104

RAFFLE—GIVE-A-WAY

Thank you for all the correct entries and congratulations to our Summer Newsletter raffle winner! She received a great Penn gift! Don't miss out on this next raffle.

We'll be drawing the winning entry in January!

Answer the following question correctly to qualify. The answer to the question is found somewhere in this newsletter. Fax, email, or mail your entry to SHARE by December 15, 2005.

In addition to healthy eating, _____ has been added to MyPyramid to ensure an all around healthy lifestyle.

Mv Name

Mv Answer

Around Philadelphia

It's AUTUMN In the CITY!

THE PERFECT TIME TO INCREASE YOUR PHYSICAL ACTIVITY



How about a brisk walk? Enjoy the foliage change in a nearby park or community with a friend, neighbor, or family member.

Join or create an intramural basketball or football team.



Fall into Autumn on your bike! Contact the Philadelphia Bike Club and join fellow bikers for a day of thrilling twists and turns! (www.phillybikeclub.org or email at info@phillybikeclub.org)



Ready for a good rake? Autumn brings beautiful leaves falling to the ground which provides for some great heart healthy activity. (shhh, we won't tell if you decide to frolic in them!)



Getting ready to MOVE it indoors? Get a jump start on your holiday shopping and exercise all at once! Start walking the loop inside your local mall.



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