



SHAREWAY OF LIFE



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Special
Points:

- Raffle
- Next Field Workshop

GREETINGS FROM DR. BOWMAN, SHARE CO-INVESTIGATOR

Dear **SHARE** Participants,

It's my turn to greet you from the SHARE team of researchers. As the lead physician co-researcher on the study, I am updated regularly on the overall progress of the study and keep a particularly close watch on issues related to the safety of our study procedures and on medical concerns that might arise. I have been delighted to learn of the high level of motivation among the SHARE participants and with the substantial progress that you are making with positive lifestyle changes. One of the key principles of SHARE is that all of the recommended lifestyle changes offer potential benefits. You are improving your health even if you haven't yet attained your weight loss goals.

Several studies reported in recent years have been very encouraging about how dietary patterns can be modified to aid in controlling blood pressure. The nature of the changes recommended is essentially the same as those you learn about in SHARE—emphasizing fruits and vegetables, whole grains, and moderate salt intake. Dietary change doesn't substitute for blood pressure medications (don't stop medications, if you are taking them, without consulting your personal physician) but might help the medications to have a better effect or help to avoid having to increase your dosage to get a certain level of blood pressure control. African American men and women have been the majority or a high proportion of participants in many of the relevant studies. There are also very favorable findings about the role of increased physical activity in aiding the prevention or management of high blood pressure, diabetes, or cholesterol problems. African Americans have been involved in these studies as well.

So, my message is that you really can't go wrong if you stick with the SHARE program. Following the program will help to preserve your health and improve management of some health problems that you might already have. What's more, many people feel a tremendous sense of accomplishment and an improved sense of well-being when they are able to successfully make and maintain even small positive changes in their eating pattern, level of physical activity, and weight level. Last but not least, we are also hoping that the combined efforts of the team of SHARE investigators, staff, and participants will lead to some new insights about ways that African Americans as well as others can lose weight and maintain weight loss.

Sincerely,
Marjorie Bowman, M.D.
SHARE Co-Researcher



REMINDER!!!! Don't forget that after attending your final measurement visit (Visit 5), you will be sent a check for

\$25.00!!!!

TEAM **SHARE**

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Quarterly Quotes

“People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed.”

—**Unknown**

“Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.”

— **W.W. Ziege**

“The only limit to our realization of tomorrow will be our doubts of today.”

—**Franklin D. Roosevelt**

YOU TOLD US, YOU ASKED US

Question: What is Fiber and why does it matter?

Fiber comes from plants. Since your body can't really digest fiber or absorb it into your bloodstream, it's not nourished by it, meaning it's technically not a "nutrient." But it's vital for good health.

- ⇒ It can reduce your risk of heart disease,
- ⇒ it's good for the digestive track and overall health, and
- ⇒ eating lots of it helps you feel full on fewer calories, which makes it ideal if you're trying to lose or maintain weight.

There are two main types of fiber—soluble and insoluble, and both are beneficial. Soluble fiber dissolves in water and is found in whole oats, barley fruits, vegetables, and legumes (which include peas, beans, and lentils) and helps reduce the risk of heart disease, by helping to transport and remove cholesterol from your body. Insoluble fiber does not dissolve in water and is found in bran (wheat, oat, and rice), wheat germ, potatoes, cauliflower, green beans, and celery and helps prevent digestive problems.

Question: When is the best time to do physical activity?

Anytime is a great time to be physically active! There are additional benefits in doing physical activity at various times during the day. For example, if you do activity in the afternoon, you may find that you go to sleep faster and



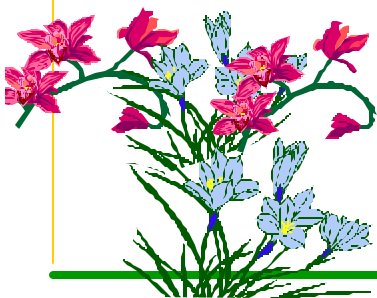
sleep more soundly in the evening. If you do activity in the evening, you may find the opposite effect—staying alert through the night. To avoid staying awake during the night, try to do physical activity at least two hours before bedtime. Lastly, a morning workout may energize you for the rest of the day. Morning workouts have been known to heighten your alertness and help you make it through a busy day. Remember, it is important to warm up and cool down regardless of the time of day you choose to do physical activity.

JUST FOR YOU

PUT A "SPRING" IN YOUR STEP AND STEP YOUR WAY TO SUCCESS!!

Spring is here with promises of sunshine, outdoor activities, and an increased motivation to be active. Well, did you know that your pedometer can be a great physical activity partner? Your everyday activities are important to your health, but are sometimes hard to record. Since most activity requires you to move around, your SHARE pedometer will help you to keep count of how many steps you take throughout the day. For most people, the more steps you take the more activity you are doing. In SHARE, your goal has been to slowly increase your steps to an average of 10,000 steps per day or more on most days and to maintain this level of activity. To get started, clip on your pedometer and track how many steps you take in a typical day for a week. Then, for the following week, try increasing your daily steps by 250 and so on each week. Before you know it, you will be setting daily step goals and looking for opportunities to get in more steps.

Happy Stepping!



FOOD FOR THE SOUL

ZUCCHINI LASAGNA

- ½lb lasagna noodles, cooked in unsalted water
- ¾C part-skim mozzarella cheese, grated
- 1½C fat free cottage cheese*
- ¼ C parmesan cheese, grated
- 1½C raw zucchini, sliced
- 2½C no salt added tomato sauce
- 2tsp basil, dried
- 2tsp oregano, dried
- ¼ C onion, chopped
- 1 clove garlic
- ? tsp black pepper

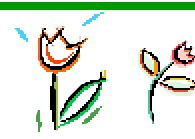


**Using unsalted cottage cheese reduces the sodium content to 196mg!*

<u>Makes (6) 1 piece</u>	
<u>Servings</u>	
<u>Content per serving</u>	
Calories	276
Fat	5g
Cholesterol	11mg
Sodium	380mg
Fiber	5g

1. Preheat oven to 350°F. Lightly spray a 9x13 baking dish with non-stick spray
2. Combine ? C mozzarella and 1tbs parmesan cheese. Set aside.
3. In a medium bowl, combine remaining mozzarella and parmesan cheeses with the cottage cheese. Mix well and set aside.
4. Combine tomato sauce with remaining ingredients. Spread thin layer of tomato sauce in bottom of baking dish. Add a third of the noodles in single layer. Spread half of cottage cheese mixture on top. Add layer of zucchini.
5. Repeat layering. Cover with aluminum foil.

COMING SOON



Spring is in the Air and so is the Next Field Workshop!

SHARE's next workshop session on "Sleep Disorders" will be held in April. Your personal invitation will be arriving in the mail soon. All SHARE participants are encouraged to attend. Sleep disorders affect many people. Come find out why you may be at risk for sleep disorders. **PLEASE RSVP upon your receipt of the invitation by calling 215-573-3067!!**

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

We are doing a special raffle for a great Penn gift! Don't miss out!

All you have to do is 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 June 1, 2005.

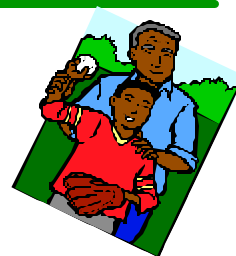
Eating what kind of fiber helps to reduce heart disease?

AROUND PHILADELPHIA

It's

SPRING

In the CITY



The Mayor's office of Health and Fitness is offering **Fun, Fit, and Free!!**

Fun, Fit and Free is a city sponsored program that challenges participants to take a series of 76-day trips to various fictitious locations throughout the country. The traveler engages in various health and fitness activities in Philadelphia. You receive a passport that allows you to visit the various locations for the 76 days. For example, travelers are currently in "GetLeanBurg, Tennessee."

Please visit their website for more information at

www.phila.gov/fitandfun or telephone at 215.686.2128.



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