



SHAREWAY OF LIFE



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Dear SHARE participants—

Spring is that time of renewal when one can find new reasons for optimism, dust off old projects, clean house and get ready for summer. And *speaking of old projects*, you have been a part of the SHARE family for nearly two years now. I hope it has become a part of your life—a way of life. Probably some of you are worried about what will happen when you graduate from the program, while others may be frustrated because you have gotten off track and keep meaning to get going again with your weight control program. This diversity of experience is entirely normal and expected.

Trying to control your weight is indeed challenging in this environment full of tempting high-fat, high-sugar foods, and in which you have lots of reasons to stay glued to the couch all day and all night. Some people find it easier than others to stick with the program. All of you have many, many activities and issues that compete for your time and attention. We are concerned about each and every SHARE participant—even those of you who have been out of touch—and would love to help you find the right way to make some of the SHARE principles a permanent part of your skill set for life management.

The research aspects of SHARE will be ending this year, moving us closer to the ultimate goal of providing advice to the scientific community and to the public about how a program like this can be offered effectively. The last set of participants who enrolled will be coming up to their two year milestone. We are diligently preparing to analyze the data to see how many of you have been able to lose weight and keep it off, to understand factors that influence the ability to benefit from the program, and to learn what we could do better next time.

Once we have everyone's final measurement, which may take until about October, we will prepare a preliminary report of study outcomes and present this at a meeting to which all who enrolled in SHARE will be invited. That meeting will probably occur in early 2007. We will do this sooner if we can. Perhaps at that time we can also have a reunion of sorts to see how everyone has been doing and to get your ideas for other program approaches to study.

If enough people are helped by SHARE we will be writing up the program for dissemination to a wider audience. For example, people in community agencies or organizations may be able to replicate the SHARE program as part of their services for African Americans as well as others. Your efforts on behalf of the study **and especially coming in for your final visits** (*we can't say this often enough!*) are tangible contributions that you make to this team effort.

Thanks again for being a part of SHARE !

Sincerely,
Shiriki K. Kumanyika, Ph.D., M.P.H., R.D.
SHARE Lead Researcher

Special Points:

- Final Health Monitoring Visit
- Next Field Workshop



REMINDER!!!! Don't forget that after attending your final measurement visit, You will be sent a check for \$50.00 !!!

TEAM SHARE

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Jennifer Fassbender, MS
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Admin. Research Assistant
Intervention Leader
Intervention Leader
Intervention Leader
Research Assistant
Research Assistant
Research Assistant

Quarterly Quotes

*“If you want to get
Somewhere you have to
Know where you want
To go and how to
Get there. Then never,
Never, never give up.*

**—Norman Vincent
Peal**

*“I never said, ‘Well, I
Don’t have this and I
don’t have that. I said,
I don’t have this yet, but
I’m going to get it.’”*

— Tina Turner

*“Think like a queen. A
queen is not afraid to fail.
Failure is another
steppingstone to greatness.”*

—Oprah Winfrey



YOU TOLD US, YOU ASKED US

Question: I have been walking 3 times a week for 30 minutes for the past 3 months. Initially, I lost some weight but I have not made any more progress. I’m getting frustrated– what can I do?

First of all, congratulations on sticking with a regular physical activity (PA) program. Your concern is not uncommon. Often, a person new to PA will lose weight initially because his/her body is given a new stimulus (PA). However, after performing the same exercise for about 6-8 weeks, the body will adapt to the stimulus and won’t have to work quite as hard. In other words, what was challenging during the first week of your PA program probably won’t be as challenging during the eighth week and therefore not as effective. This is a good thing– it means that your fitness level is improving.

The key is to add variety to your workout. Your body will notice the new stimuli and be more likely to respond. Consider the following components to vary your PA program and progress your fitness level: **Frequency, Intensity, Time, and Type.** **Frequency** refers to how often you do PA. If you’re already doing PA 3 times/week, try adding another day. Or, you can also increase your PA intensity. **Intensity** refers to how much you exert yourself during PA (difficulty of PA). Intensity can be increased gradually during an entire workout or by including higher intensity bouts throughout the workout. For example, you can increase speed, add a hill (or incline on the treadmill), or increase resistance (when doing weight training.) Another way to progress is to add more **time** to your overall workout. Start by just adding 1-2 minutes and gradually increase your time every 1-2 weeks. Initially, increase only one component (frequency, intensity, or time.) This will help ensure safety while still encouraging additional calorie burning. Lastly, don’t forget to try a different **type** of PA. Take a dance class, ride a bike, try yoga, or anything else that seems appealing. Not only will you target muscles differently, you’re more likely to stay interested in PA and have more fun!

JUST FOR YOU

Blast more calories and spice up your workout with this 30-minute interval routine that has a changing intensity. Apply the following guidelines to your walking program or other physical activities.

| Time (minutes) | Exertion Level (on a 1-10 scale, 1 is easy and 10 is very challenging) | Should Feel Like... |
|-------------------|--|---------------------------------|
| 1-5 | 1-3 | Warm-up, comfortable pace |
| 6-9 | 4-6 | I know I’m exercising |
| 9-10 | 7-9 | I’m glad this is only 1 minute! |
| 11-15 | 4-6 | I know I’m exercising |
| 16-17 | 7-9 | I’m glad this is only 1 minute! |
| 18-21 | 4-6 | I know I’m exercising |
| 22-23 | 7-9 | I’m glad this is only 1 minute! |
| 24-27 | 4-6 | I know I’m exercising |
| 28-30+ | 1-2 | Cool-down, comfortable pace |



FOOD FOR THE SOUL

Chicken Salad



- 3 ¼ C Chicken, cooked, cubed, skinless
- ¼ C Celery, chopped
- 1 Tbsp Lemon juice
- ½ tsp Onion powder
- 3 Tbsp Mayonnaise, lowfat
- Lettuce leaves



Makes 5 servings

| | |
|---------------|---------|
| Serving size | 3/4 cup |
| Calories | 183 |
| Total Fat | 7 g |
| Saturated Fat | 2 g |
| Sodium | 127 mg |

1. Combine all ingredients except the lettuce in a medium bowl and mix well.
2. Refrigerate until serving time. Serve on a bed of lettuce.

COMING SOON

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

SHARE's next workshop session on "Cooking Healthy" will be held in May at the Whole Foods at 20th and Callowhill St. Your personal invitation will be arriving in the mail soon. All SHARE participants are encouraged to attend.

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:
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PHONE: 215-746-7366 FAX: 215-573-9978 EMAIL: INFO@SHARESTUDY.ORG

RAFFLE UPDATE

Congratulations to our latest raffle winner who won a great Penn gift! We hope you've all enjoyed participating in our newsletter raffles. Don't forget about our best offer yet—\$50 for attending your final health monitoring visit! We look forward to see you at that visit.



It's **Spring** In the **CITY**



Do Physical Activity outdoors (and support a good cause too)!

2ND ANNUAL TEAL RIBBON 5K RUN/WALK TO OVERCOME OVARIAN CANCER APRIL 29TH, 9:00 AM, PHILADELPHIA, 61-446-2272, 5K@SANDYOVARIAN.ORG

NARBERTH RUN FOR CYSTIC FIBROSIS APRIL 29TH, 9:00 AM, PAYGROUND FIELD IN NARBERTH, WWW.NARBERTHRUN.COM

RACE FOR THE CURE (SUSAN G.KOMEN BREAST CANCER FOUNDATION) MAY 14TH, 8:15 AM, PHILADELPHIA ART MUSEUM, PHILLYRACEFORTHECURE.ORG

YOGA UNITES FOR LIVING BEYOND BREAST CANCER MAY 21ST, 8:00 AM TO 12:00 PM, PHILADELPHIA ART MUSEUM, WWW.LBBC.ORG

WISSAHICKON TRAIL CLASSIC JUNE 2ND , 8:00 AM, WISSAHICKON VALLEY SECTION OF FAIRMOUNT PARK (FORBIDDEN DR AND NORTHWESTERN AVE), WWW.WISSAHICKONTRAILCLASSIC.ORG

ADA PHILADELPHIA TOUR DE CURE JUNE 10TH, 7:30 AM, VALLEY FORGE NATIONAL HISTORIC PARK



