



SHAREWAY OF LIFE

Holiday Edition

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DR. THOMAS WADDEN, SHARE CO-INVESTIGATOR, JOINS THE SHARE STAFF IN BRINGING YOU GREETINGS!

Dear SHARE Participants,

The holidays are a time when we all count our blessings and give thanks to others. All of us at the SHARE Study thank you for participating in our program this past year. We hope you have enjoyed our group meetings and the new friends you have made. We also hope that you are proud of your accomplishments. By attending our meetings, watching your diet, and increasing your physical activity, you have improved your health. Now that's a great gift idea!

We also thank you for helping others. As you know, you are participating in a research study. We are collecting important information about the best ways to help African-Americans control their weight. We will publish SHARE's findings in medical journals so that doctors and other health professionals can help their own patients with weight control. We need your help to make sure that SHARE is a not only successful program but also a successful study. Please contribute to SHARE's success by continuing to attend group meetings, as scheduled, and by participating in the study's health monitoring visits. These are the visits at which we measure your weight, blood pressure, and other characteristics. These findings will help us evaluate the benefits of SHARE in relation to other weight control programs. No one can take your place in obtaining these study measurements. We need you.

The holidays are a wonderful time to contact family and friends with whom you have been out of touch. The same is true with SHARE. If you have been out of touch with us, for whatever reason, please make a New Year's resolution to call us and schedule a visit. We want to know how you are doing. And we want you to contribute to SHARE's success. Sometimes people feel embarrassed or awkward about coming to see us. Many worry that they have regained some of their weight and that we will be upset. Please know that you are not alone in regaining weight. (That's why we're conducting the study – to understand how to improve long-term weight control!) We will be proud of you for calling and appreciative of your commitment to our study. No matter when you last attended a SHARE meeting, we would like to hear from you. No one can take your place in SHARE.

We wish you and your family a joyous holiday season and the happiest of New Years. Thank you for being a part of the SHARE family and for your efforts to improve the health of the African American community. We look forward to seeing you in 2005 and to making sure that your New Year is a healthy New Year.

Sincerely,

Thomas Wadden, Ph.D. (SHARE Co-Investigator)

Special Points:

- Healthy Holiday Home-cooking
- Tips for Staying Active During the Holidays



Merry Christmas

Feliz Navidad

Happy Kwanzaa

Happy New Year!

TEAM SHARE

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 Intervention Leader
 Intervention Leader
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Quarterly Quotes

"As soon as healing takes place, go out and heal somebody else."

—Maya Angelou

"When you are down and out, lift up your head and shout, I'm outta here."

-Lynette Harris

"Just don't give up trying to do what you really want to do. Where there's love and inspiration, I don't think you can go wrong."

—Ella Fitzgerald



YOU TOLD US, YOU ASKED US



"I am very pleased with the program content."

Thank you! The Staff works very hard to ensure that you are kept up to date with the latest health information and that the information presented to you will be useful today as well as in the future.

"I seem to have stopped losing weight."

It is very common for your weight to stabilize after you've lost a certain amount of weight. Your body may be in a balance with the calories you are taking in (eating) equaling those which you are expending (through physical activity). Try increasing the amount of physical activity you are doing or taking a look at your meal portion sizes.

"I want to start doing resistance training with weights and a resist-a-band, but am not sure what to do."

When starting a resistance program, you should start with a resistance that you can comfortably do for 8-10 repetitions (the # of times you do the movement). For endurance training, you should be able to do up to 20 repetitions in a row, with the last repetition making you a little bit tired.

JUST FOR YOU HEALTHY HOLIDAYS!



Many people find it hard to eat less and stay active during the holidays. Despite the challenges, healthy eating and being active are possible during holidays and special events. The key is to plan ahead. Here are some ways to maintain your weight management behaviors during the busy holiday season:

- Keep track of your eating and how active you are.
- Don't go hungry. A regular pattern of meals will keep you from getting too hungry and losing control.
- Have reasonable expectations, and plan to maintain your weight.
- Let go a little. Eat something special. Choose the best and have a small portion.
- Practice eating slowly and "mindfully," tasting and enjoying each item.
- Keep moving and look for short periods of free time to be active, at least 10 minutes. For example walk during your coffee breaks, or part of your lunch hour.
- If you can, be physically active with family, friends, or a group.
- Walk to each end of the mall when you go shopping.
- Park further away and walk when doing holiday errands.
- Manage your stress by planning daily times to relax. Catch yourself feeling stressed as early as you can. Take a 10 minute "time out" by moving your muscles or taking full deep breaths. And finally, focus on the meaning of the holidays and plan pleasures other than food and drink.

Happy Holidays!

FOOD FOR THE SOUL

HEALTHY HOLIDAY SIDES

Smothered Greens

- 3 cups water
- 1/4 lb smoked turkey breast, skinless
- 1 Tbsp hot pepper, freshly chopped
- 1/4 tsp cayenne pepper
- 1/4 tsp cloves, ground
- 2 garlic cloves, crushed
- 1/2 tsp thyme
- 1 stalk scallion, chopped
- 1 tsp ginger, ground
- 1/4 cup onion, chopped
- 2 lbs greens



<u>Makes (5) 1 Cup Servings</u>	
Content per serving	
Calories	80
Fat	2g
Cholesterol	16mg
Sodium	378mg

Using a small amount of skinless smoked turkey breast instead of fatback will lower the fat content but keep the taste.

1. Place all ingredients, except greens, into large saucepan and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Tear or slice leaves into bite-size pieces.
4. Add greens to turkey stock. Cook until desired tenderness.

Candied Yams

- 3 medium yams (1 1/2 cups)
- 1/4 cup brown sugar
- 1 tsp flour; sifted
- 1/4 tsp salt (up to 1/4 tsp)
- 1/4 tsp ground cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp orange peel
- 1 tsp soft tub margarine
- 1/2 cup orange juice



<u>Makes 6 1/4 Cup Servings</u>	
Content per serving	
Calories	110
Fat	< 1 g
Cholesterol	0mg
Sodium	115mg

A small amount of margarine and orange juice give these yams lots of flavor but little saturated fat.

1. Cut yams in half and boil until tender. When cool, peel and cut into slices 1/4 inch thick
2. Combine sugar, flour, salt, cinnamon, nutmeg, and grated orange peel.
3. Place half of the sliced yams in medium sized casserole dish and sprinkle with sugar mixture.
4. Dot with half the amount of margarine
5. Add a second layer of yams, using the rest of the ingredients in the same order as above. Add orange juice.
6. Bake uncovered in preheated 350 degree oven for 20 minutes.

CONGRATULATIONS to our 'Name the Newsletter' winner, **Ms. Gail Jones!**

" SHAREway of Life " was chosen as the newsletter name.

QUESTIONS, CONCERNS, COMMENTS? — PLEASE LET US HEAR FROM YOU. (MAIL OR FAX THIS PAGE WITH YOUR COMMENTS, OR EMAIL



AROUND PHILADELPHIA



HAVE AN ACTIVE HOLIDAY

INDOOR IDEAS



Bally Total Fitness 1-800-695-8111

14th & Walnut Streets (Center City) 215.564.2121

Sweat Fitness

24th & Walnut Streets (Center City) 215.351.0100

4151 Main Street (Manayunk) 215.487.7100

YMCA of Phila.

5120 Chestnut St., West Phila., 215.476.2700

Lucille Roberts Health Club

59 E City Avenue, Bala Cynwyd, 610.617.7350

12th Street Gym

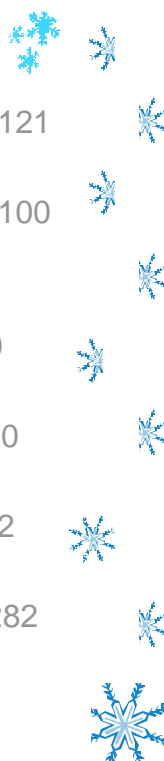
202 12th St., Center City Phila., .215.985.4092

LA Fitness

25 E. City Avenue, Bala Cynwyd, 610.664.4282

701 Cathedral Rd, Phila, 215.482.4088

Or **Walk in the Gallery Mall** on Market Street!



OUTDOOR IDEAS

University of Pennsylvania Track- 233 S 33rd Street

St. Joseph's University Track- 54th St. & Overbrook Ave.

Museum Area Walk- Can walk down Ben Franklin Pkwy. from the Art Museum and loop around past area museums.

Kelly Drive- From Art Museum to Ridge Avenue along Schuylkill River.

West River Drive- From Art Museum along other side of Schuylkill River.

Fairmont Park- From Belmont Ave and N Concourse Drive.

Wissahickon Trail- Runs adjacent to Ridge and Henry Avenues. Can enter trail at various locations.



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