



# Lean and Green

SOUTHWEST SUMMER EDITION 2008

## In Motown



### Get Moving and Grooving: Overall Benefits of Exercise .

*Hello Southwest! We thought this would be a great time of year to try to get you moving by describing the great benefits of exercise. The benefits of exercise can be yours regardless of age, gender or physical ability. Here are 5 ways exercise can help improve your life!*

#### 1. Exercise gets you in a good mood.

After a stressful day at the office or home, a 30 minute workout or walk can help you get into a better mood. This is because exercise stimulates many brain chemicals, which make you feel better and more relaxed. Exercising regularly will also boost your confidence and improve your self esteem because you look and feel better.

#### 2. Exercise fights chronic diseases.

Regular exercise helps to prevent heart disease, osteoporosis (weakening of the bones), type 2 diabetes and certain kinds of cancer. Regular exercise also helps you to prevent or manage high blood pressure. It will also help to improve your cholesterol because it boosts high-density lipoprotein (HDL), or "good" cholesterol and decreases low-density lipoprotein (LDL), or "bad" cholesterol.

#### 3. Exercise helps you manage your weight.

Walking or other physical activities help you burn calories. The more intense the exercise, the more calories you will burn. Exercise does not need to take a lot of time. By taking simple steps you can add some physical activity to your life. For example, taking the stairs instead of the elevator or walking during your lunch break. Every little activity you do throughout the day will help you burn calories.

#### 4. Exercise strengthens your heart and lungs.

Do you get winded (out of breath) with simple chores around the house? Regular exercise can help you breathe better because oxygen and nutrients can travel to your tissues easier. It helps your entire cardiovascular system, which is the circulation of blood through your heart and blood vessels. When your heart and lungs work more efficiently, you'll have more energy to do the things you enjoy.

#### 5. Exercise promotes better sleep.

If you are struggling to fall asleep or stay asleep, exercise may help you get better sleep. If you boost your physical activity during the day you may be able to fall asleep faster and have deeper, more restful sleep.

So next time you are wondering what to do on a Saturday afternoon: Get physical! Find an activity you enjoy, and go for it. Take a ballroom dance class, check out a local climbing wall or hiking trail, push your kids on the swings or plan a neighborhood kickball game. If you get bored, try something new every week!

**So no more excuses— get out there and enjoy the summer!**

Check with your health care provider before starting an exercise program.



Source: The Mayo Clinic ([www.mayoclinic.com/health/exercise/HQ01676#](http://www.mayoclinic.com/health/exercise/HQ01676#))

Brightmoor  
Community Center

Detroit Department of  
Health and Wellness  
Promotion

Detroit Hispanic  
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Rebuilding  
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# Healthy Recipe

For those hot summer days, we thought you might enjoy a healthy cool snack or dessert. This recipe will surely keep you cool!

## CANTALOUPE SORBET

### Ingredients:

- 1 teaspoon plain gelatin
- 1/4 cup water
- 1 ripe cantaloupe, peeled, seeded, and cut into chunks (you can also use honeydew, strawberries, peaches or a combination)
- 1/2 cup sugar (or sugar substitute like Splenda)
- 2 tablespoons lemon juice
- 2 cups orange juice
- Zest of one orange

### Preparation Instructions:

1. Sprinkle gelatin over water in a small sauce pan and let stand for 5 minutes.
2. Stir over low heat until gelatin is dissolved. Remove from heat and set aside.
3. Puree cantaloupe in a blender, food processor or mash by hand.
4. Add sugar, lemon, orange juice and zest. Mix well. Stir in gelatin.
5. Pour unto a metal 13x9 inch pan and freeze until mushy. Remove from freezer and puree ( or mash) until smooth.
6. Place in an airtight container and refreeze until firm.



Number of Servings: 12  
Nutritional analysis per serving:  
Calories 73, Fat 0 grams, Carbohydrates 18 grams, Protein 1 g.

Source: Share our Strengths Program, Operation Frontline [www.strength.org](http://www.strength.org)

## HEP's Healthy Information

### Seasonal Fruits and Vegetables



It is that time of year again when the gardens are green, the trees have leaves and life is everywhere. This is the growing season for many fruits and vegetables in Michigan and buying them during their peak season will make them cheaper, available and tastier. We thought you might find this information useful as you shop for fruits and vegetables.



Asparagus, mushrooms, strawberries, and rhubarb



Strawberries, asparagus, greens, lettuce, mushrooms, peas, onions, peppers, radishes, spinach, and turnips



Apricots, blueberries, cherries, peaches, raspberries, beans, broccoli, celery, greens, cucumbers, lettuce, mushrooms, onions, peppers, radishes, spinach, turnips, carrots, and cabbage.



Apples, berries, blueberries, cantaloupe, cherries, melons, nectarines, peaches, pears, plums, beans, beets, broccoli, cabbage, carrots, corn, cauliflower, celery, cucumbers, greens, eggplant, squash, lettuce, mushrooms, onions, peppers, spinach, potatoes, radishes, tomatoes, and turnips.

Source: [www.michigan.gov/mda](http://www.michigan.gov/mda)

## Physical Activity in your Area

**Patton Park Rec. Center - 2301 Woodmere**

**Aerobics : Fridays 6:30-7:30 pm**

**Hustle/ Ballroom for Seniors: Mondays 9:30-10:30 pm**

**Roberto Clemente Rec. Center - 2631 Bagley**

**Aerobics: Tuesdays 6:30-7:30 pm**

**Step Exercise / Zumba: Wednesdays 6:30-7:30 pm**

**Kickboxing: Thursdays 6:30-7:30 pm**

*Classes are FREE and open to the public. Don't forget to bring a small towel, a water bottle and wear comfortable shoes and clothes. Have fun!*

## Get Involved

### Starting Your own Vegetable Garden

**Greening of Detroit can help you start your own vegetable garden in your community or in your yard.** If you are interested in learning more, contact Ashley Atkinson at (313)237-8736 or visit [www.detroitagriculture.org](http://www.detroitagriculture.org)

**For more information about HEP please contact**

Sheryl Weir, Project Manager  
1420 Washington Heights  
Ann Arbor, Michigan 48109

(313)593-0924 (Detroit) or (734)615-2695 (Ann Arbor)

E-mail: [ssweir@umich.edu](mailto:ssweir@umich.edu)