



*Brightmoor
Community Center*

*Detroit Department of
Health and Wellness
Promotion*

*Detroit Hispanic
Development
Corporation*

Friends of Parkside

*Henry Ford Health
System*

*Rebuilding
Communities Inc.*

*University of Michigan
School of Public
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Lean and Green In Motown

EASTSIDE FALL EDITION 2006

What is HEP doing this fall?

Town meeting! All welcome to attend! The Healthy Environments Partnership (HEP) invites you and your family to attend an important community meeting. Come hear what we have learned about how the environment affects the heart health of Detroit residents. Share your ideas about ways to increase access to healthy foods, to increase physical activity, and to improve air quality in our community. The meeting will be held on **Thursday, October 12 from 5:30 pm-8 pm** at **Warren-Conner Development Coalition**, (11148 Harper Ave. in Detroit). For more information please call (313) 571-2800. (see attached flier). There will be food and door prizes.



Update on the Greenways

Tree Planting on the Detroit Riverwalk Greenway: Greening of Detroit and the Detroit Riverfront Conservancy is working with the community to beautify Gabriel Richard Park by planting 15 trees along the Detroit Riverfront and they need your help. Come join us at on **Saturday, October 21 at 9 a.m. at Gabriel Richard Park, 1418 Michigan Ave. in Detroit.** This is a great way to help the riverfront greenway get "greener" and it is a great calorie burner. Children, youth, and seniors are all welcome. For more information contact Greening of Detroit at (313) 237-8736.



Observation on Greenways: If you have been near the Conner Creek greenway (west side of Conner Ave. from 8 Mile to Jefferson Ave.) you may have noticed observers with clipboards walking along the greenway --these individuals are working with HEP to observe how many people are using the greenway for physical activity. There are twelve observers working with HEP from communities throughout Detroit; you'll see them walking along the greenway one week each month from April through October at all times of the day. Feel free to say hello or ask questions!

The Conner Creek Greenway was inaugurated on August 4th! The grand opening of the Conner Creek Greenway was sponsored by the Detroit Eastside Community Collaborative. Many people attended the event including community organizations, local and state representatives, and community residents. HEP staff provided healthy eating tips, a walking demo, and also a cool, delicious, healthy dessert. This marks a transformation for the eastside by providing residents with beautiful outdoor space for fun and physical activity. HEP is working with community organizations and residents to establish walking clubs around the greenway. For more information about the greenway you can contact Henry Guthard at DECC at (313) 571-2800 ext. 1159.



Dance and Exercise Classes !

Aerobics: Every **Tuesday** from **6:00 to 7:00 pm** at Southeastern Village, 1501 Canton.

Dance: Every **Tuesday and Thursday**, Hustle Class **6:00 to 7:00pm** and Ballroom **7:00 to 8:00 pm** at Village of Parkside II, 5000 Conner.

Gospel Praise Aerobics: Every **Thursday 6:00 to 7:00 pm** at New Greater Christ MBC, 13031 Charlevoix at Lenox .

Walking Clubs in your area

Saturday Walking Club: Every **Saturday 9:00 to 10:00 am** at Southeastern Village, 1501 Canton. Contact Lynn Smith at (313)922- 8660 for more information. If you are interested in joining or forming a walking club in your neighborhood, you can call Derrick Odoms at AIM HI Institute of Multicultural Health (313)874-6733 and (313)874-1890

Recipe for the Season

SQUASH



These shiny green or yellow vegetables are great for cooking. Squash can be grilled, fried, sautéed and stuffed. They are good for you because they contain vitamins

A and C and are a good source of fiber. We hope you enjoy this quick and easy recipe!

Vegetable Quesadillas
Number of Servings: 4

Ingredients:

- 1/2 cup zucchini squash, cubed
- 1/2 cup chopped green bell pepper
- 1/2 cup sliced green onion
- 1/2 cup chopped tomato
- 2 tbsp chopped fresh cilantro (optional)
- 4 (6- inch) flour tortillas
- 1/2 cup shredded reduced fat Cheddar or Monterey Jack cheese

Preparation Instructions:

1. Spray medium skillet with non stick cooking spray. Sauté zucchini, bell pepper until softened, about 5 minutes.
2. Add onion and tomato; cook for several minutes more until heated through; stir in cilantro.
3. Heat tortillas in a large skillet. Place equal amount of cheese and vegetable on each tortilla; fold in half and continue cooking until cheese is melted and tortilla lightly browned.

Nutritional Analysis per serving: Calories 350 , Fat 20g, Calories from Fat 180, Sodium 340mg, Carbohydrates 25g,

Protein 17g

Source: Promoting Healthy Eating in Detroit and vegetarian.allrecipes.com

HEP's Healthy Tips for You!

Keep Moving

Now that summer is gone and fall has started the days and nights are getting colder, but this is no excuse to stop exercising outside. You will be able to enjoy the beautiful colors of fall in your daily walks. Remember it does not take a lot of time to get ready to do some exercise, it can be as simple as walking.

Taking the first steps

1. Wear comfortable clothes and shoes.
2. Walk with your chin up and your shoulders held slightly back.
3. Start with 15 minute walks. Walk slowly for 5 minutes, then increase your pace for another 5 minutes and finally walk slowly the remaining 5 minutes.
4. You can try walking 3 times a week and increase your time by 3 minutes every week.
5. Remember to stretch before and after you exercise.



Get Involved

Starting Your own Vegetable Garden

Greening of Detroit can help you start a community or neighborhood vegetable garden. They offer education on gardening, tree planting and training for both adults and kids. Their fall/winter series includes: perennial exchange, companion planting and seed saving. If interested you can contact Ashley Atkinson at (313)237-8736 or visit at www.detroitagriculture.org

For more information about HEP please contact
Sheryl Weir, Project Manager
1420 Washington Heights
Ann Arbor, Michigan 48109
Telephone: (313)593-3584 (Detroit)
(734)615-2695 (Ann Arbor)
E-mail: ssweir@umich.edu