



*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
Health and A. Alfred
Taubman College of
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Urban Planning*

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Lean and Green In Motown

NORTHWEST 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 **Tuesday, October 10 from 5:30pm - 8 pm** at **Brightmoor Community Center** (14451 Burt Road). For more information please call (313) 531-0305 (see attached flier). There will be food and door prizes.



Update on the Greenways

Tree Planting on the Detroit Riverwalk !

If you are ready for some action and can't wait till the Detroit Riverwalk Greenway is built, this information is for YOU! On **October 21** Greening of Detroit and the Detroit Riverfront Conservancy will be working hard to beautify the park. They have 15 trees to be planted along the Detroit Riverfront and they need your help. This activity is a great way to help the riverfront greenway get "greener" and it is a great calorie burner. Children, youth, seniors are all welcome. Come with comfortable clothes to work. This activity starts at **9:00 am** at **Gabriel Richard Park** (1418 Michigan Ave.). For more information contact Greening of Detroit at (313) 237-8736.



Observation on Greenways: If you have been near the Lyndon Greenway (between Eliza Howell Park and Stoepel Park) 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!

Walking Clubs in your area

Walking Club: 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

Fruit and Vegetable Market

Every **Thursday from 4-8 pm**, you can purchase fresh veggies and fruits in Bushnell Congregation's south parking lot (15000 Southfield Service Drive). The farmers market is being sponsored by the Grandmont Rosedale Development Corporation. The last day of the market for this year is October 12th. For more information, call (313) 835-8190 ext. 103 or 107.

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

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