



Lean and Green In Motown

NORTHWEST FALL EDITION 2007

Fall

*Brightmoor
Community Center*

*Detroit Department of
Health and Wellness
Promotion*

*Detroit Hispanic
Development
Corporation*

Friends of Parkside

*Henry Ford Health
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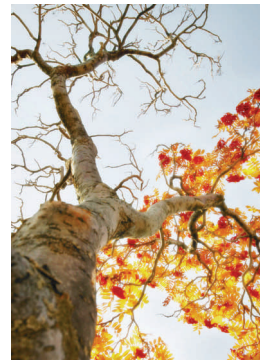
*Rebuilding
Communities Inc.*

*University of Michigan
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and Health Disparities 1R24
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Hello Northwest!

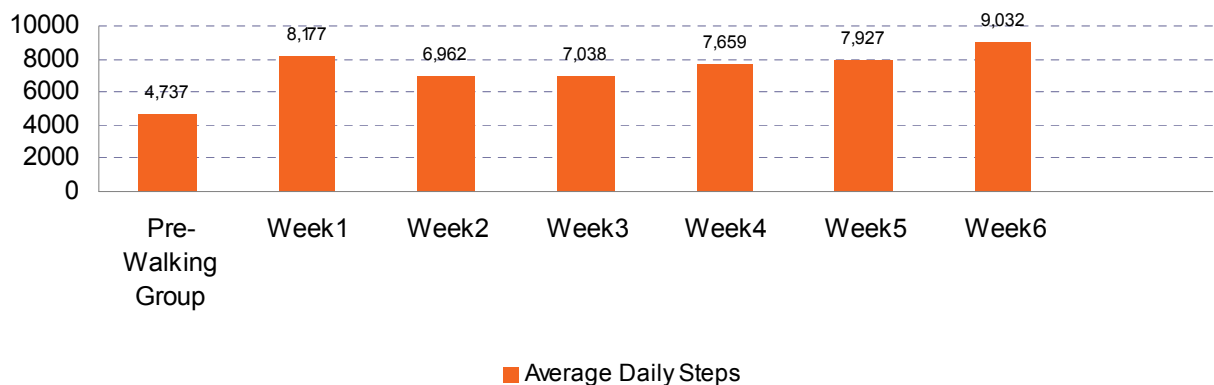
What a beautiful beginning to the fall season this has been, with great weather and sunny days to keep doing outside activities. Here at HEP (Healthy Environments Partnership) we hope this great weather has encouraged you to keep moving in Motown! In this edition, you will find an overview of the results from the walking clubs that HEP sponsored in the summer, a healthy soup recipe and some walking tips to keep you going! Read along...



Some results of the “Walk Your Heart to Health” Program

As you might remember our summer newsletter included an article about our “Walk Your Heart to Health” program that was piloted in all three HEP areas - eastside, northwest, and southwest Detroit. The article talked about the walking group sessions, how the program was structured, and the closing ceremony and celebration at the Conner Creek Greenway. In this article, we will share some results from the program. We are happy to report that after only 6 weeks of walking, participants made important improvements in key areas related to heart health. Blood pressures - both systolic and diastolic - decreased significantly for participants across all three groups. Decreases, although smaller, were also measured for heart health indicators such as cholesterol and weight. We also saw improved knowledge among participants related to dietary information and physical activity information. More great news...during the 6 weeks, participants' number of steps increased. Some walked more than 10,000 steps a day! The graph below shows the average daily steps per week for participants in all three walking groups. Walking group participants told us that walking with and being encouraged by others helped them stay motivated. Based on these and other results, HEP has submitted a proposal that, if funded, will allow us to expand and improve upon what we've started through this program. We expect to hear back regarding that proposal in spring or early summer 2008. Stay Tuned!

Average Daily Steps by Week - All Participants



For more information about HEP, please visit our website at www.hepdetroit.org

Walking clubs in your area

Walking Club: If you are interested in walking, you can join the Walk Your Heart to Health walking club. This club meets Mondays and Thursdays from 5:30pm –7 pm at Leland Missionary Baptist Church (22420 Fenkell). You can call the church office for more information (313) 538-7077.



Recipe for the Season

KALE



How many times have you seen green vegetables in the market and wonder how do you cook these? Well here is one of those uncommon but nutritious leafy greens. KALE is an excellent source of vitamin C and A. Pick crisp, and tender leaves that are bright in color. The best

way to store kale is to wrap it in paper towel and store it in a plastic bag. It will keep fresh for 2-3 days. Before cooking, rinse well to remove all dirt. A quick tip is to sauté the kale in a small amount of olive oil or steam it.

Kale and Potato Soup

Number of Servings: 6

Ingredients:

- 1 bunch kale (about 1 pound)
- 2 pounds boiling potatoes
- 1 teaspoon salt or garlic salt
- 1 tablespoon chopped onion
- 2 quarts boiling water
- Salt to taste
- Freshly ground pepper

Preparation Instructions:

1. Remove the stems from the kale, wash the leaves and cut them into small shredded pieces. You should have about 6-8 cups.
2. Peel the potatoes and chop them up very fine.
3. Bring the water to a boil with the salt. Add the chopped potatoes and onions, return to a boil, and cook for 2 minutes, covered.
4. Add kale and cook 2 more minutes.
5. Adjust the salt and pepper to taste.

Nutritional Analysis per serving: Calories 157 , Fat 1g, Protein 6g, Sodium 530mg, Carbohydrates 35g.

Source: The Health Central Network at www.foodfit.com

HEP's Healthy Tips for You!

Activities for Everyday

Walking is great for your health and the best part is that it is free. It is important that you add as many steps as possible to each day. You should try to accumulate at least 30 minutes of activity every day. Here are some tips on things you can do to add steps to your daily routine:

1. Take the stairs any chance you get.
2. Walk or bike to run your errands.
3. Take the longer route when you are going from one place to another.
4. Park your car farther away.
5. Aim for 3, 10 minute walks everyday– when you get up in the morning, at lunch, and during breaks at work.
6. When watching TV-try walking in place.

Some Walking Tips

Use the PASS test: good technique when walking

- **P**osture: walk with head erect and stomach pulled in.
- **A**rm Swing: bend your arms at a 90° angle and pump them gently as you walk.
- **S**tride: step forward with your heel and roll off your toes. Stride should be natural.
- **S**peed: be sure you can carry on a normal conversation and breath.



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, contact Ashley Atkinson at (313) 237-8736 or visit at www.detroitagriculture.org

For more information about HEP contact

Sheryl Weir, Project Manager
 1420 Washington Heights
 Ann Arbor, Michigan 48109
 Telephone: (313)593-0924 (Detroit)
 (734)615-2695 (Ann Arbor)
 E-mail: ssweir@umich.edu

