

HOPE HOTLINE

Issue 20/ August 2010

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Ready, Set, Hydrate!!

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ANNOUNCEMENTS OF THE MONTH

Happy Birthday

Henry from YAI
August 2nd
Kristy B.
August 4th

Happy Belated Birthday

Trevor
July 11th
Laura
July 18th
Patti from Skills
July 19th



Jamie's Words of Wisdom

""Keep your face always toward the sunshine, and the shadows will fall behind you""



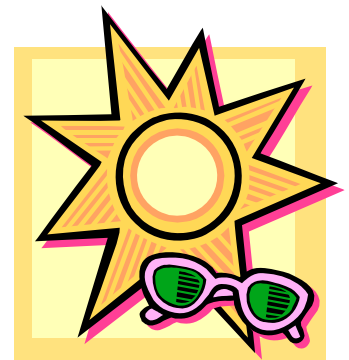
I know it's August and everyone might say that summer is coming to an end, but I say it is just beginning! Those hot summer months are not over just yet and there are still some 100 degree days ahead of us!

It's very important to stay hydrated during the summertime, especially when performing outdoor activities. When you start out your day and you know that you will be out in the sun, you should already be drinking water. Water is the best thing

that can keep you hydrated during the long hot summer days. Either by drinking it or swimming in it, it is sure to keep you cool! Now, when you drink water, no one said it had to be plain. It is important to choose beverages that you enjoy. Several studies show that children and adults consume about 45% to 50% more liquid when it's flavored verses drinking plain water.

Another tip is that one will not always have the need to drink. Being thirsty is not always a good measure of hydration, so it's wise to keep a bottle of water next to you at all times, either in your desk or bag. Also, the amount of water you drink depends on the activity. "For strenuous exercise lasting longer

than one hour, The American College of Sports Medicine (ACSM) recommends that carbohydrates be ingested at a rate of 30-60 grams per hour. This can be achieved by drinking a sufficient amount of a solution containing 4-8 percent carbohydrates." The American College of Sports Medicine also recommends that one should drink plenty of fluids 24 hours before entering an event, especially during the meal eaten right before exercise. Following these simple



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*Center for Disease Control
More States Reach 30 Percent Obesity Rate*

The obesity epidemic affects every state, according to a new CDC report. No state met the country's Healthy People 2010 goal to lower obesity to 15 percent. The report also makes recommendations on how to

the epidemic. The CDC Vital Signs report, titled "State-Specific Obesity Prevalence Among Adults – United States, 2009," points out that people who are obese incurred \$1,429 per person extra

compared to people of normal weight, and that the nation's total medical costs of obesity were \$147 billion in 2008. New data shows that nine states had an obesity rate of 30 percent or higher in 2009. In

HOPE OTLINE

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Look for our next issue
September, 2010

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LOW FAT RECIPE OF THE MONTH

Raspberry Cheesecake

Ingredients:

12 reduced-fat vanilla wafers (optional)
1 8-ounce tub fat-free cream cheese
1 8-ounce tub 1/3-less-fat cream cheese
1/2 cup sugar
2 tbs cornstarch
1 egg
1 egg white
1 tsp vanilla
1 cup raspberries, plus extra for garnish

Preparation:

Preheat oven to 350 degrees
Line a 12-cup muffin pan with paper or foil cups. Drop one vanilla wafer into bottom of each muffin cup (if using)
Place cream cheeses in a medium bowl with sugar and cornstarch. Beat on low speed with an electric mixer. Add egg and egg white and mix for 1 minute. Add vanilla extract.
Mash raspberries with a fork, and push mashed fruit through a sieve into cream cheese mixture. Stir well.
Fill muffins cups two-thirds full with cream cheese mixture.
Bake 15-18 minutes until set around the edges and barely soft in the middle.
Top each cheesecake with a raspberry if desired.
Cool, then remove from pan and chill until ready to serve
Per cheesecake with wafer:
Calories 126, Calories from Fat 42, Total Fat 4.7g (sat 2.5g), Cholesterol 33mg, Sodium 212mg, Carbohydrate 15.8g, Fiber 0.8g, Protein 5.2g

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Cont. from FC:

comparison, no state had an obesity rate of 30 percent or more in 2000, and only three states reached the 30 percent mark in 2007.

Obesity affects some communities more than others. The highest rates were found among non-Hispanic blacks overall, whose rate was 36.8%, and non-Hispanic black women, whose rate was 41.9%. The rate for Hispanics was 30.7%, and the rate among all non-high school graduates was 32.9%. In addition, the obesity rate was higher in some regions of the country than others. Midwesterners had a rate of 28.2% and residents of the South were at 28.4%.

Serious, Complex Problem

Obesity is a contributing cause of

many other health problems, including heart disease stroke, diabetes, and some types of cancer. These are some of the leading causes of death in the U.S. Obesity can cause sleep apnea and breathing problems as well as limit mobility. Obesity can also cause problems during pregnancy or make it more difficult for a woman to become pregnant. Obesity is a complex problem that requires both personal and community action. People in all communities should be able to make healthy choices. To reverse this epidemic, we need to change our communities into places that strongly support healthy eating and active living.

Given the magnitude of this problem, past efforts and

investments have not been sufficient. Federal funding has been provided to determine what works best through initiatives such as the Communities Putting Prevention to Work (CPPW) program, and CDC's State-based Nutrition, Physical Activity and Obesity programs. These initiatives build upon existing public health recommendations. Some Solutions:
Eat more fruits and vegetables and fewer foods high in fat and sugar.
Drink more water instead of sugary drinks.
Be more physically active.
Watch less television.

KYLIES' KORNER

Sports: Reporting it My Way

By: Robert (Bobby) Kagen

I hope everybody has enjoyed his or her summer so far! With the outrageous heat wave that we have been experiencing — it's like we live in Florida — it is very important to stay hydrated (water, Gatorade, ect.) as much as possible to give your body energy to make it through each day.

As we take a look into the baseball world, there have been little changes in the American League East as the CHAMPS have once again found themselves in first place on top of the Tampa Bay Rays and also those pesky Red Sox. It is very hard to go against the Yanks, as they have proven time and time again that they are resilient and will find a way to win night after night. So far, the pitching has been what everybody has hoped for. Even

though Pettite is sidelined for the next 3-4 weeks, they still have 4 pitchers that would fit into any other's team rotation like a 'GLOVE' (pardon the pun.)

Alex Rodriguez, (A-ROD), as it stands today has been sitting on 599 home runs for his career. With one more HR, he is going to be in an elite group of only 3 other players who have hit 600 HR's and also 300 stolen bases. Still, the public has not embraced Alex, for his admittance to using steroids last year has put a dark cloud over this once dominant player. In a case like A-Rod, being naturally as talented as he is, did he really need to take the steroids to get to where he is today? I believe that his talent alone would have brought him to these personal pinnacles without cheating. So where he will stand in the final record books amongst the greatest players of all

time is still up in the air.

And now to our "favorite" team who has once again teased us and made us believe that this is going to be different than the last 2 seasons, the METS. First half of the season was a pleasure as they were 11 games over .500, and really looking ahead to a great 2nd half battle with the Braves or Phillies. But since the all-star break they have lost the last 10 out of 12 games - OUCH!!! Way to stay prepared over the break boys! I hope they can turn it around and at least stay relevant into the fall, but it's beginning to look bleak. As for the managerial staff, looks like it will finally be time for a change (sorry Jerry!)

So with all this info, enjoy the rest of our Indian summer and keep up the good work and keep on exercising!