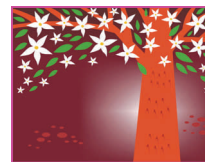




# Fit to Print

Newsletter of the  
Weigh Smart® Program



## Healthy tips for those Spring days ahead

Spring is the perfect time to freshen up that diet and really give your eating habits a makeover! With more choices in fresh fruits and vegetables available at the local farmer's market and grocery store, there's no excuse to skip those healthy treats and make the most of the season. Spring is a great time to load up on fresh fruits and veggies that you skimped on over winter; the warmer months also make it easier to eat less, so why not incorporate some fresh new foods that give you some **real** energy? Here are some healthy eating tips for those spring days ahead:

- 1 Reach for the raw. Raw fruits and veggies are loaded with nutrients, vitamins and minerals. Stock up on these and aim to eat at least 2-3 throughout the day. Raw foods are great for a boost of energy, and can give you much more nutrition than processed foods any day!
- 2 Pick those greens. Leafy green vegetables are a great addition to your diet year round, but are much easier to find during spring and summer. Head to the farmer's market for kale, fresh spinach, and even fresh romaine lettuce right from the farm. Just wash and dry the leaves at home, and even consider adding some to stir fry or steamed vegetable platters for variety.
- 3 Skip the processed sugars. Sugar can really overload your system and make it difficult to keep up with a healthy diet. Start eliminating sugar from your diet, and pick up healthier snacks such as raw granola bars, cereals, fresh fruit, and even sugar-free versions of your favorite desserts.
- 4 Drink up! Water, water, water is the best for a healthy living, so make sure you're getting at least 8-10 cups of water each day - and even more if you're working out. Water itself can give you plenty of energy!

## Get out your sneakers for the "Walk of Love" in April!!

Join us next month for our annual Covenant Guild Walk of Love on April 25th at 9am. This will be a 3 1/2 mile walk from Pikesville High School with a post walk celebration at MWPH at 10am. Please arrive at 8:30 to check in. It will be lots of fun and you will have a chance to see staff and Weigh Smart buddies! **Call Ms. Debbie or Ms. Michelle 410-578-5343/2 by April 16 to get your pledge envelopes.**

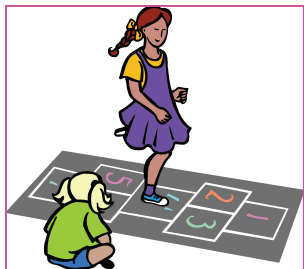
## A healthier option at... Panda Express!



| Instead of Ordering:                                     | Consider:                                                     |
|----------------------------------------------------------|---------------------------------------------------------------|
| 2 Entrees:<br>Orange Chicken (400)<br>Beijing Beef (850) | 2 Entrees:<br>String Bean Chicken (190)<br>Broccoli Beef (15) |
| 1 Side:<br>Fried Rice (570)                              | 1 Side:<br>Mixed Veggies (70)                                 |
| Coca Cola, small cup (160)                               | Diet Coke, small cup (0)                                      |
| <b>TOTAL: 1,980</b>                                      | <b>TOTAL: 410</b>                                             |

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**We want to hear from you!**

Is there something you'd like to see in the next issue? Would you like to share a recent "yeah" moment or picture with your Weigh Smart® friends? If so, send email to Michelle at [mdemeule@mwph.org](mailto:mdemeule@mwph.org). Send us your e-mail address and we'll add you to our online Weigh Smart® club. You'll receive this journal right away in your e-mail box instead of a few days later in your mailbox. Your e-mail address will be sent out "blind copy," meaning it will be seen only by Michelle or Weigh Smart® staff when the issues go out on e-mail.

**Please Note:**

**We will not be sending out postcards announcing support group anymore but will put details about the following months support group in your newsletters. Live support groups are every other month**



## Outdoor exercise activities for Spring

1. **Go Fly a Kite.** It's great exercise. You can fly kites in the summer and fall, but weather conditions are optimal in the spring. Good wind speeds make it easy to get your kite up high and always changing wind direction makes it tougher (and more fun) to keep your kite in the air for a long time.
2. **Skipping-rope.** Haven't skipped rope or played a little Double Dutch with your friends since you were in grade school? Well, it's time to pick up an old habit. It's fun, trendy, and family-friendly. As for weight loss, twenty minutes of jumping is the equivalent of an hour of aerobics!
3. **Hopscotch** is a fun game that offers entertaining exercise. It can be played alone or with several other players and it can be played almost anywhere!



## Did you know?

Weigh Smart has grown. We now are called the Center for Pediatric Weight Management and Healthy Living. Our new programs include Weigh Smart Jr. for kids aged 2-7 years and our Adolescent Bariatric Surgery Evaluation and Management Program for teens ages 16 and up who require weight loss surgery for weight loss. Call our offices to find out more or let your friends and family know about our new programs.

## For the Spring Season:

### Fruit Cake

This clever creation, turns fresh fruit into a festive, healthy snack that really makes the grade.

| Ingredients                                                                                                                                                                                                                         | Directions                                                                                                                                                                                                                                                                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Large seedless watermelon</p> <p>Other fresh fruit, such as melon balls, kiwi slices, and berries</p> <p><a href="http://familyfun.go.com/recipes/fruit-cake-688931/">http://familyfun.go.com/recipes/fruit-cake-688931/</a></p> | <p>Start by slicing the watermelon into wedges and then arrange them in a stack of circles (rinds facing out) to create a cake shape, as shown. Decorate the cake with the other fruits.</p> <p>You can actually drizzle a little chocolate on it for some extra flavoring!</p> |