



Educating and motivating underserved youth in greater Los Angeles in healthy eating, fitness, and college and career planning through after school mentoring programs



## LA Marathon 2009 Highlights

On May 25<sup>th</sup>, 2009, 114 students from Santee Education Complex, Miguel Contreras Learning Complex, Belmont, Birmingham, Canoga Park, and Los Angeles High Schools joined 36 SOSMentor friends at the LA Marathon. We proudly walked, jogged, and biked down South Figueroa Street in support of SOSMentor and the fight against childhood obesity. **Team ShapeUp Members** included **Los Angeles Rotarians** Alan Bernstein, David Bland, Ken Chong, Carole & Robert Donahue, Davis Gaines, LJ Rivera, Leon Scales, Barrie Segall,



**SOSMentor's Team ShapeUp racing to the finish line!**

and Carol Smith; **USC Rotaractor** Joe Gonzalez; **SOSMentor Friends** Lauren Anton, Kelly Bennett, Pamela Burga, Heidi Chong, Maria Gamboa, Eric Gustafson, Wilda Kier, Alice Koshy, Shelvin Koshy, Shiney Koshy, Kathy Lee, Lorenzo Lewis, Billy Locke, Kaden Locke, Charisse Older,

Janie Rivera, Kana Rivera, Lawrence Rivera, Alejandra Sanchez, Abby Segall, Susan Snelgrove, Joanna & Paul Williams, and Vanessa Williams.

After the race, we enjoyed a healthy brunch, raffle prizes, and arcade games at the LA Live ESPN Zone.



**Team ShapeUp Members in line for brunch at the ESPN Zone.**

## Thank you to our Sponsors & Fundraisers!

A HUGE *thank you* to everyone who supported students, mentors, and friends in the 2009 LA Marathon. Your donations will help us input more after-school programs in more needy schools! We are thrilled to report donations totaling over \$12,100. Special recognition goes to Team ShapeUp Members

Carole Donahue who raised over \$2000; Robert Donahue who raised over \$1000; Barrie & Abby Segall who together raised over \$800; Aimee Nicotera, LJ Rivera, and Ken Chong who raised over \$700 each; and Carol Smith, Leon Scales, and Joanna Williams who raised over \$450 each.



**Team ShapeUp Members, LJ and Kana Rivera making their way down S. Figueroa St.**

### SOSMentor ShapeUp

**Healthy Steps for Healthy Lives**

July 2009

#### Did you know that:

- ☺ >17% of youth in America are considered obese?
- ☺ California, at 27%, has the second highest rate of childhood obesity in the nation?
- ☺ Overweight children are at a greater risk for type 2 diabetes, heart disease, and many other serious illnesses?

#### WOW - Check out these results!

Our students made the following changes in behavior after the ShapeUp Program:

- ☺ **106%** increase in students snacking on fruits & veggies!
- ☺ **66%** decrease in students drinking regular soda!
- ☺ **124%** increase in students reading food labels!

*(Students took a validated behavior survey before and after the program. Results were compared using a matched pair analysis.)*



#### JOB OPENINGS!

Visit [www.SOSMentor.org](http://www.SOSMentor.org) for more information!

## Eating Healthy While Dining Out



By: Maithili Bhagat, Birmingham High School Mentor, CSUN Graduate Nutrition Student

Dining out is one of the biggest challenges when trying to eat healthy for many people. Eating out and eating healthy do not always go hand in hand. Healthy eating does not mean that you have to give up your favorite restaurant, but it does mean that you may need to re-think some of your choices.



Birmingham HS mentor and mentee enjoying a nutritious snack!

Here are some useful tips to help make your dining out experience an enjoyable and

healthy one:

- Look for words like steamed, garden fresh, broiled, baked, roasted, poached, and stir-fried when selecting an entrée.
- Practice eating smaller portions or better still, order an appetizer for your main course.
- Eat a little less at lunch to save for a special dinner later, but don't skip meals. This can lead to over-eating.
- Avoid buffets, and all-you-can-eat specials.

can-eat specials.

- Avoid sugary colas, try real fruit juices or have a glass of water with lemon.

Remember, it is important to make the change gradually, because there are no super foods or easy answers to healthy diet. Finally, Don't eliminate fatty foods, but eat them in moderation, and choose other foods to provide the balance and variety that are vital to good health.



## For Parents - A Few Facts About Binge Eating

By: Susan Shapiro, PhD, MS, MS, RD, FADA

Growing up, figuring out who we are, or how we fit in is often quite a difficult process for kids today. Signs of stress can often be missed, even by the most loving of parents. One sign of stress that is often overlooked is the compulsive misuse of food known as compulsive overeating (COE) or binge eating (BE). What this means is that overeating is done on a regular basis to cope with strong emotions. Emotions are very intense when kids begin middle school, which is a huge social transition, and hormones are raging.

There are many reasons that this misuse of food is "missed". Food is essential to life, and many of our daily activities revolve around food. Often parents are pleased to see their kids eating because COE or BE is usually done in private, when no one is watching.

However, not all compulsive overeaters or binge eaters are overweight. These individuals are also doing "other things" to remain slim (i.e. athletics and or excessive exercising, laxatives, or vomiting, etc), and these behaviors are indicative of other eating disorders.

Below are some behavioral and emotional signs that parents might take note of:

### Behavioral Signs - Does your child:

- Eat larger amounts of food than before?
- Eat faster than before as well?
- Talk about their body, how fat they are, dieting?
- Go on diets, but not lose weight?
- Go into the bathroom soon after meals?

"Food is essential to life, and many of our daily activities revolve around food."

- Do you find food wrappers or empty food containers in unusual places (under the bed, garbage cans in other rooms of the house, gym bags, back packs, etc.)?

### Emotional Signs - Does your child:

- Seem depressed?
- Seem overly anxious?
- Have mood swings after eating?
- Talk negatively about their eating?

If you feel your child has some of these symptoms, have a discussion with them about your concerns. If you don't feel that you can do that, find a licensed psychologist and a registered dietitian to help address the behavior and the underlying issues.

## July's Tasty Summer Treat: Bob's Waldorf Salad

### Ingredients (Serves 6)

- 1 cup pineapple tidbits, drained
- 1 apple, cored and cut into bite-sized chunks
- 1 stalk celery, sliced
- 3 oranges, peeled and cut into bite-size chunks
- 1 (6-oz) container nonfat strawberry yogurt
- 1 tablespoon honey
- 1/2 cup walnut pieces



### Preparation

1. In medium bowl, combine pineapples, apples, strawberries, celery, and oranges.
2. In separate bowl, stir together yogurt and honey
3. Pour yogurt over fruit mixture. Gently stir to coat.
4. Top with walnuts. Serve immediately.

