



*A personalized approach to a healthier lifestyle,  
hand-in-hand with your physician*

*July 2010*

***Welcome to our Wise-About-Weight Newsletter!*** *This Newsletter has been created to give you updates on our ongoing activities, new information, healthy recommendations, and added support along the way. We at Wise-About-Weight hope you find it informative and enjoyable!*

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*Pictured l-r: Rob Carr, Marcy Schott, Dorothy Snyder, Char Kinder, Charles Yankel, Michael Sprague, JoAnn Sprague, Alice Kushner, Pam Whitehead, Carmena Stracci, Barry Watkinson, Jean Watkinson, Debbie Ullrich, Walt Ullrich, Laura Cordero, Anna Capobres, and Robin Kushner.*

### **2010 Spring Charity Event**

On May 16 Pittsburgh Wise-About-Weight participants walked the trail in Peters Park and raised money for the American Heart Association.

After the walk, participants enjoyed a healthy tailgate party. Wise-About-Weight sponsors a charity event each quarter to raise awareness about leading a healthier lifestyle.

## ***Open House & Celebration***

On **Monday September 13 from 6:30-9:00 pm** there will be an Open House and Celebration in the **Dunlop Conference Center Rooms A&B at St. Clair Hospital 4<sup>th</sup> Floor.**

This event is open to everyone, but especially to our teams walking to San Diego, all Wise-About-Weight alumni, and anyone interested in learning more about the program. There will be a reward ceremony, alumni speakers, and a wonderful array of low-calorie foods with nutrition information and recipes. A more detailed agenda will be available as the date gets closer.

## ***Summer Continuing Support – “pay as you go”***

The summer is a busy time for everyone, so Wise-About-Weight is offering a “pay as you go” pricing for Continuing Support during the summer months. This means you can jump into a support class anytime and only pay for the classes you attend. Contact Char Kinder 724-825-7312 for Pittsburgh and Justine Moore 310-993-1755 for Washington, DC classes to get details.

Pittsburgh St. Clair Hospital	Tues.	7-8:30 pm	6/15; 6/29; 7/13; 7/27; 8/10; 8/24
Washington, DC Results Gym	Wed.	7-9 pm	7/7; 7/21; 8/4; 8/18; 9/1; 9/15

## ***More classes...more locations***

In order to meet our clients’ needs, Wise-About-Weight has added some additional classes and locations.

<b>Kick-off</b>	<b>Class meets on</b>	<b>Time</b>	<b>Location</b>
June 26	Tuesdays	7-9 pm	Results Gym, Washington, DC
September 18	Mondays	7-9 pm	St. Clair Hospital, Pittsburgh
September 25	Thursdays	7-9 pm	St. Paul’s United Methodist Allison Park
September 25	Tuesdays	7-9 pm	Results Gym, Capitol Hill - DC
October 9	Thursdays	7-9 pm	St. Clair Hospital. Pittsburgh

We are also looking into conducting programs in the Monroeville, PA area later this year.

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## **The Weight Is Over: Wise-About-Weight Programs in Washington, DC**

When 62-year-old Katy Mead walked into a room last week with a tinfoil-covered pan and announced, "I brought cake," everyone froze. This was the final meeting for participants in Wise About Weight, a nine-week program that targets excess pounds. And right after a weigh-in (plus a body fat reading, and a measurement of hip and waist size), dessert didn't sound so appealing.

"But it's just egg whites, no oil and a little sugar-free chocolate syrup," Mead added, earning a pat on the back from facilitator Justine Moore for using the previous week's lesson on making recipes healthier.

Moore, a personal trainer and nutritionist, is part of a team of professionals brought together by Donald Kushner, a physician in Pittsburgh who created the program in 2009 to offer a comprehensive approach to weight loss. "The whole weight-loss industry is so fragmented, and doctors are totally out of the loop," Moore says. Impressed with the method, Moore brought the idea to Results Gym, which is now hosting classes in Washington.

The second session began Saturday, June 26th with a full-day immersion workshop. Then, in addition to meeting once a week for two hours, participants have five half-hour personal training sessions, an hour of individual nutritional counseling and an hour of behavior coaching, plus a directive to check in with their primary care doctors.

It's this combination of the support group atmosphere and individualized guidance from experts that sets it apart from other programs, Moore says. Well, that and the huge binders each Wise About Weight participant gets. Lugging them around is good for an extra workout, and opening them up provides a chance to review what's been discussed in class through quizzes, timelines and worksheets.

All of the lessons are interactive, and Moore's lectures frequently feature props, including fake food and a giant slab of artificial fat. "I'm like the Carrot Top of the weight-loss world," Moore jokes.

There's new info every week on topics ranging from reading nutrition labels to identifying sabotaging thoughts, but Moore always returns to "the seven steps to lifestyle change": observe, interpret, pause, direct, reflect, celebrate and repeat. "There's no step called 'beat myself up,'" she reminded the participants at that final class.

Not that there was any reason to. All of them are lighter than when they started, can eyeball portion sizes and have developed ways to socialize that aren't centered around food. Although one slice of Mead's cake didn't sound like such a bad idea. *Posted By Vicky Hallett on June 22, 2010.*



Facilitator and Exercise Specialist

**Justine Moore-Luparello**

*Photo by Marge Ely/Express*

## ***Wise-About-Weight Restaurant Recommendations***

### ***Red Robin***

*(opening soon in South Hills Village Mall-also located in Washington, PA)*

#### ***Grilled Salmon Sandwich***

*(no country Dijon sauce)*

Calories 471  
Total Fat 10g  
Sodium 46mg  
Carbs 49g  
Fiber 3g  
Protein 46g  
Weight 289g  
Sugars 8g

### ***Eat' n Park***

#### ***Chicken Stir-Fry***

Calories 392.4  
Total Fat 4.54g  
Sodium 123.59mg  
Carbs 0g  
Fiber 0g  
Protein 31.11g

## **Recipe Recommendation**

Submitted by Nicole Capobres, Registered Dietician for Wise-About-Weight. Recipe is from the Nabisco World.com website.

**Angel Lush ©1999-2008 Kraft Foods**



**Prep Time: 15 minutes**

**Total Time: 1 hr 15 min**

**Makes 10 servings**

### **What You Need**

1 can (20 oz.) crushed pineapple in juice, undrained

1 pkg. (4-serving size) JELL-O Vanilla Flavor Fat Free Sugar Free Instant Pudding

1 cup thawed COOL WHIP LITE or COOL WHIP Sugar Free Whipped Topping

1 pkg. (10 oz.) round angel food cake

10 fresh strawberries

### **Make It**

**MIX** pineapple and dry pudding mix in medium bowl. Gently stir in whipped topping.

**CUT** cake horizontally into three layers. Place bottom cake layer, cut-side up, on serving plate; top with one-third of the pudding mixture. Repeat layers two times.

**REFRIGERATE** at least 1 hour. Top with berries just before serving. Store leftovers in refrigerator.

### **Kraft Kitchens Tips**

**Variation - Lush Dessert Cups** Omit cake. Prepare pudding mixture as directed. Cover and refrigerate several hours or until chilled. Serve spooned into dessert dishes.

**How to Cut Angel Food Cake** Use a serrated knife and gentle sawing motion to easily cut the angel food cake.

### **Nutrition Information:**

Cal 140; Total fat 1g; Saturated fat 1g; Cholesterol 0 mg; sodium 340 mg; Carbohydrates 31g; Dietary fiber 1g; Sugars 26g; Protein 2g; Vitamin A 0%DV; Calcium 6% DV; Iron 2% DV

## **Fresh Fruits and Vegetables – check out your local Farmers Market**

As part of a healthy lifestyle, we recommend that your balanced plate is created with at least 50% fruits and vegetables. The summer is an excellent time to find these at your local Farmers Market. Here is a list from [www.growpittsburgh.org](http://www.growpittsburgh.org) that is just a sampling of markets you can try. Check out the site for more information and sites.

<b>Day</b>	<b>Area</b>	<b>Time</b>	<b>Location</b>
<b>Tuesdays</b>	Bethel Park	3-7 pm	Bethel Park Community Center Playground
	Canonsburg	4-7 pm	Luksis Lot on East Pike Street
	South Side	3:30-7:30 pm	18 <sup>th</sup> and Carson Streets
<b>Wednesdays</b>	Mt. Lebanon	4-7 pm	Mt. Lebanon United Lutheran
<b>Thursdays</b>	Greentree	4-7 pm	Greentree Park
	Market Square	10:30-2 pm	Forbes and Market Place
	Washington, PA	3-6 pm	Municipal Parking Lot South Main Street
<b>Fridays</b>	Pittsburgh	10-2 pm	City County Bldg – Grant St.
	South Fayette	5:30-8:30 pm	Rt 50 Cecil area
<b>Saturdays</b>	Monroeville	9 – noon	Gateway high school
	Sewickley	9 – 1 pm	St. James Parish Parking lot

### **Wise-About-Weight now on Facebook**

You can now find Wise-About-Weight on Facebook. Please go to [www.facebook.com](http://www.facebook.com) and check us out. Sign up as a friend and recommend us to others. You will find new information on our classes, articles, and more.

### **Contact Information**

**Web site** <http://wise-about-weight.com>

**Phone:** 412-401-1258 or 800-608-1202

**Email:** [wise-about-weight@comcast.net](mailto:wise-about-weight@comcast.net)