

NOVEMBER 2011

You're Invited:

All Coalition Meeting:
December 8 (8-10:30 AM)
LGH—BURLE

Action Team Meetings:

Watch for next year's
schedule online

Upcoming:

Well Workplace Award

Recognizing efforts of local
businesses to encourage
healthy weight management
among their employees.

Application available [online](#).
Submission deadline-11/30

Ongoing:

• "Crunch" is available for
your wellness event. Contact
the Coalition via email.

Our Goal:

To increase the number of
individuals in Lancaster
County who are at a
healthy weight, are physi-
cally active, and make
healthy food choices. We
do this through community
volunteers who work to-
gether to advocate, edu-
cate, and participate in
activities they enjoy that
also support our goal.

Why should you join?

As with other social groups,
you'll meet others who are
interested in the same
things you are. You choose
how much time to give;
every person can bring
ideas and suggestions that
move us towards our goal.

How do you join? Email us:
coalition
@lightenuplancaster.org

Sign up to "Maintain Your Weight Over the Holidays"

The holidays will soon be here again, which means enjoying favorite holiday dishes and desserts that we have been looking forward to all year.

The National Institutes of Health state that the average person gains around a pound over the holidays and most people do not lose this weight. Later in life, this cumulative weight gain can lead to obesity. Making a plan now can help you enjoy the season without gaining weight.

Joining us for the Maintain Your Weight Over the Holidays (MYWOH) program provides you with a simple plan--maintaining your weight in one of the busiest times of the year. Each weekly issue will include helpful tips, action items, and healthy recipes to encourage you to start or continue healthy habits that prevent holiday weight



gain. Emails will begin Thanksgiving week and continue until January 2012.

A \$100 gift card to Sports Authority will be awarded to two lucky participants who complete this six-week program. Simply record your weight weekly using our simple tracking tool.

In the last newsletter, we will provide a link to the program evaluation. If you complete and return it, you will be entered to win!

To sign up, click here or visit www.lightenuplancaster.org

Girls on the Run...Catching up with Carrie Johnson

Girls on the Run in Lancaster came to fruition when I felt the pressure to balance my career and family life and feel completely successful at both. As the mom of two elementary age girls, I found myself feeling stretched in many directions, so I decided to change. I began spending more time with my family, we became more active, and we really focused on what was most important to us.

When my daughters ran a cross country race in Hempfield and both received a ribbon for finishing, I looked at their confi-



*Carrie and Jennifer West,
Program Director*

dent, healthy faces and realized how much they had gained emotionally and mentally by achieving this physical goal. I went home that day and googled these three words: "girls, self-esteem and running."

That led me to Girls on the Run. The mission of GOTR is to inspire girls to be joyful, healthy, and confident using a fun, experience-based curriculum which creatively integrates running.

Coaches, teachers, volunteers, board members, sponsors, administrators, and colleges are working together to change our world, one girl at a time.

For more info, contact Carrie at cjohnson@gotrlancaster.org or (717) 330-7893.

Lighten Up Lancaster Coalition is a volunteer group of concerned individuals, organizations, and employers, in partnership with Lancaster General Health, who want to increase the number of children and adults in Lancaster County who are at a healthy weight.



With the hustle and bustle of the upcoming holiday season, its very easy to feel overwhelmed.

Remember, this is a time to enjoy friends and family, so take a moment to sit back, close your eyes and simply breathe deeply and savor fond holiday memories and experiences.

Fast Facts from "F as in Fat:"

Twenty years ago, no state had an obesity rate higher than 15%.

Today, 38 states have rates higher than 25%.

More than one-third of children ages 10-17 are obese (16.4%) or overweight (18.2%).

Buddy Up for the Jingle Bell Run/Walk!

Join us on December 11

Sign up with our team:
Buddy Up with LGH
Healthy Weight
Management

and enter "Buddy Up"
in the Discount Code
to save \$5 on your
registration fee!

We Need You!

NEW!

Volunteers for the Jingle Bell Run/Walk: To help set up/tear down our table, and assist team members. Contact [Beth Schwartz](#) at 544-3865.

Looking for Green Thumbs:

We are exploring opportunities to create herb and vegetable gardens at schools and businesses in Lancaster County. If you have ideas or are interested, please contact [Sue Lackmann](#) at 544-3284.

ONGOING:

The **Well Workplace Award** submission deadline is fast approaching! This is your opportunity

to be recognized for your workplace efforts in encouraging healthy habits and healthy weight management among employees. Application is available [online](#); deadline is 11/30!

Do you bike? Mayor Gray has requested LULC's help in identifying key people who are interested in becoming a resource for city cycling. Contact [Beth Schwartz](#) 544-3865.

ACTION TEAMS:

Advocacy: Are you willing to promote LULC's goals by speaking in the community? Contact [Beth Schwartz](#) at 544-3865.

Communications & Engagement: Would you like to help spread the word about the Coalition? Please contact Denyse Kling, at dkling2@lghealth.org

Schools & Community:

We are exploring the opportunity of initiating **walking school buses** throughout the county. Contact [Sue Lackmann](#) at 544-3284 to get involved.

Congratulations!

To Lynne Morrison and the Hands-On House for another successful 5K/Half Marathon/Fun Run that was held on October 1. We appreciate your support of Buddy Up.

Schools & Community Action Team

Led by Sue Lackmann, this Action Team works closely with school Wellness Councils, Parent Teacher Organizations, Food Service Personnel, school Nurses, Transportation Directors, local Rec Centers, and the YMCA to establish policies and educate the local community regarding the importance making healthy lifestyle choices.

The team is currently working on

initiatives including: Walking School Busses, Community/School Gardens, toolkits containing resources for Wellness Councils, PTOs and members of the community, school challenges, and Buddy Up events.

Team meetings are held the 2nd Wednesday of every other month, beginning in January. New members are welcome! Contact [Sue](#) at 544-3284.



Sue is a Health Educator in the Wellness Center at LGH, where she focuses on prevention and school-related initiatives.

Butternut Sage Orzo

1 cup onion (chopped)
1 clove garlic (minced)
4 cups butternut squash (peeled, seeded, and cut into 1/2-inch pieces)
1/2 cup vegetable/chicken broth
1/2 cup white wine or broth
4 cups water or broth
1 cup orzo
1/2 cup parmesan cheese
2 tablespoons fresh sage (chopped; or 1 1/2 teaspoons dried)

In a large frying pan, sauté onion over medium heat in 1 tablespoon oil until tender, about 6 minutes. Add garlic and sauté until fragrant, about 1 minute. Add butternut squash and stir to coat. Add wine/broth and simmer until squash is almost tender and liquid is absorbed, about 10 minutes.

While squash cooks, bring 4 cups water/broth to boil in a large

saucepan and add orzo. Boil until tender but still firm to bite, about 8 minutes. Drain. Transfer to a large bowl. Stir in squash mixture. Stir in parmesan and sage, salt and pepper to taste.

Send your recipes to:
coalition@lightenuplancaster.org

Simply in Season, by Mary Beth Lind and Cathleen Hockman-Wert; recipe from Alison Froese-Stoddard, Winnipeg, Manitoba

We wish everyone happy and healthy Thanksgiving!