

LIGHTEN UP NEWS, February, 2001

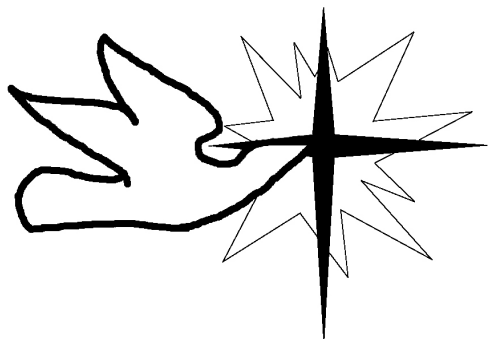
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Funding: The Duke Endowment & Your Donations. Tax deductible contributions can be sent to the Health Science Foundation, 18 Bee Street, PO Box 250450, Charleston, SC 29425. Make checks payable to *Lighten Up*.

Website – <http://www.lightenupforever.org>

Email – lightenup@muscu.edu

LIGHTEN UP FOREVER is READY!!!!!! ARE YOU READY?



Get back on track with Lighten Up Forever. The second course book (120 pages, \$25) is complete with new scriptures, spiritual activities, health messages, and recipes! Special thanks to Plymouth Congregational United Church of Christ of Charleston, SC in making valuable contributions throughout the course development. Also, thanks to my sister, Elizabeth T. Murrell, for the *Lighten Up Forever* logo.

LIGHTEN UP SESSIONS:

	Cold Springs United Methodist Concord, NC 7 pm, Mon	Greater Mt. Zion AME McClellanville, SC 1 pm, Sun	St. James Presbyterian James Island, SC 6:30 pm, Thurs
Love	Jan 8	Jan 14	Feb 8
Knowledge	Jan 15 & 22	Jan 21	Feb 15
Peace	Feb 5	Jan 28	Feb 22
Faith	Feb 12	Feb 4	Mar 1
Kindness	Feb 19	Feb 11	Mar 8
Joy	Feb 26	Feb 18	Mar 15
Self control	Mar 5	Feb 25	Mar 22
Godliness	Mar 12	Mar 4	Mar 29

LIGHTEN UP FOREVER SESSIONS:



	Spiritual Activity	First Baptist James Island, SC 6:30 pm, Mon	Trinity Episcopal Edisto Island, SC 9:30 am, Tues
Introduction	Fruits or Sour Grapes?	Jan 22	Jan 26
Love	Family Tree	Jan 29	Jan 30
Knowledge	What Do You Believe?	Feb 5	Feb 6
Peace	Grace in Motion	Feb 12	Feb 13
Faith	Share a Meal	Feb 19	Feb 20
Kindness	Eating Mindfully	Feb 26	Feb 27
Joy	Spirituality Drawing	Mar 5	Mar 6
Self Control	Clean Your Little Corner	Mar 12	Mar 13
Godliness	Remember Me	Mar 19	Mar 20

“...Weeping may linger for the night but joy comes with the morning..” Psalm 30:5

HEALTH CHECKS (8-10 am) *Skip your breakfast!*

Plymouth Congregational Charleston, SC	Cold Springs UMC Concord, NC	Greater Mt. Zion AME McClellanville, SC	Trinity Episcopal Edisto Island, SC	St. James Presbyterian * Charleston, SC
Tuesday	Saturday	Saturday	Saturday	Saturday
January 27	March 17	March 17	March 24	March 31

***First Baptist of James Island will attend the St James health check.**

NEW CHURCHES. Cold Springs United Methodist Church (Concord, NC) and Greater Mt Zion AME Church (McClellanville, SC) are the newest Lighten Up churches. Sharon Protheroe, Parish Nurse, is leading the sessions in Concord on Monday evenings, while Octavia Gethers is leading the group in McClellanville on Sunday afternoons. Keep these groups in your prayers as participants continue to glorify God by treating their bodies as a most holy temple.

Simplify Counting Calories!

1. Check the number of servings in each food group eaten each day.
2. Multiply the number of checks by the conversion factor to get points from each food group.
3. Add up the total points.
4. Multiply points by 50 = Calories

Example:

Bread: 6 x 1½ = 9 points
 Vegetables: 4 x ½ = 2 points
 Fruits: 4 x 1 = 4 points
 Dairy: 2 x 1 = 2 points
 Meat: 6 x 1 = 6 points
 Sugar: 6 x ½ = 3 points
 Fat: 4 x 1 = 4 points
 Dessert: 2 x 4 = 8 points
TOTAL = 40 points

40 pts x 50 = 2000 Calories

*If food is fried, meat is high fat, or whole milk is used,
 Check additional fat.

Food & Beverage Intake	Day _____
Bread 1 slice ½ cup cereal	_____ x 1½ = _____
Vegetables 1 cup skinny ½ cup starchy	_____ x ½ = _____
Fruit ½ cup fruit ½ cup juice/soda	_____ x 1 = _____
Dairy 1 cup skim <input checked="" type="checkbox"/> fat if whole	_____ x 1 = _____
Meat 1 oz lean <input checked="" type="checkbox"/> fat if fried	_____ x 1 = _____
Sugar 1 tablespoon	_____ x ½ = _____
Fat 1 tablespoon	_____ x 1 = _____
Dessert 1 large cookie ½ cup ice cream	_____ x 4 = _____
Water 1 cup	_____ x 0 = _____
Exercise 10 minutes	_____ x -1 = _____
Total Points x 50 = Calories	Total Points _____

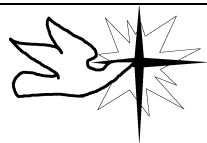
WHAT'S ON YOUR PLATE?

Would you believe this potato is 1000 Calories? One large potato without any toppings is 475 Calories. Adding 2 oz of cheese, 2 Tbsp each of sour cream and butter and 1½ Tbsp bacon bits more than doubles the Calorie total. Healthier options include eating half the baked potato and halving the toppings or, you could top the 1/2 potato with 2% cheese and steamed vegetables. Either one of these options would result in a 360 Calorie potato. Remember it's all about portion size!



UPDATE. Evelyn Addison from St. Luke's Lutheran Church in Summerville, SC called to let me know how she is doing. Evelyn shared with me that she has lost 74 pounds during the last year! She just wanted to let me know. I asked her how she did it. She said that it was small changes over time. She realized that she was a walking time bomb that could make changes. Thank you Evelyn for sharing the good news. You are quite an inspiration to all of us! Call me with your ideas and thoughts at 792-3047.

FEBRUARY 10, LEADERSHIP TRAINING will be at Nazareth AME Church, 1500 Postfoot Circle, Georgetown, SC on February 10, 2001 (9am – 3 pm). Florence Linnen will be leading a number of churches in the Georgetown community. If you would like to participate, call to make a reservation at (843)-792-3047.



LIGHTEN UP FOREVER LEADERSHIP TRAINING

Will be on Saturday, February 24, in my home at 1169 Sea Eagle Watch, Seaside Plantation. Call to get directions and make reservations at (843) 792-3047. It will take about 5 hours. We'll make soup for lunch!

SPLIT PEA SOUP. Hot soup is a delicious way to take the chill off the day! Put 2 cans (14.5 oz) chicken broth, 4 cups water, and a pound of dried split peas into a large pot. Add chopped onion (1 large), carrots (2 large), & celery (2 large stalks) as you go. Season with garlic powder and a little Mrs. Dash. Cover and cook about 30-40 minutes under low heat. After about 15 minutes, add another cup of water and stir. Makes 8 cups. It is an excellent source of fiber and potassium.

Recipe Facts: 1200 Calories, 0 grams fat, 2630 mg sodium, 117 grams fiber

1 cup Facts: 150 Calories, 0 grams fat, 330 mg sodium, 15 grams fiber

“Let not your hearts be troubled; you believe in God, believe also in Me. In My Father's house are many mansions; if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also.” John 14:1-3



Change from a plate like this...

The Old American Plate

6 oz grilled chicken or ½ of your plate

½ cup vegetables or ¼ of your plate

Medium baked potato with 5 grams of butter



To one like this!

Increase vegetables & decrease meat!

The New American Plate

3 oz grilled Chicken or ¼ of your plate

1 ½ cups vegetables or ½ of your plate

Medium baked potato with 5 grams of butter

MUSC
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