Bridge Walk
BOEING CENTER FOR CHILDREN’S WELLNESS • THE LEAN TEAM

Join us on the bridge Saturday June 1st at 9:00 am!

Our goal is to prevent and treat childhood obesity through family-centered clinical programs paired with policy and environmental changes in schools and communities.

Join us Saturday June 1st at 9:00 am at the gravel parking lot on East Bay and Cooper Street in Charleston.

Lean Team Walks 39,745 Miles!
Check out what the Lean Team has been up to in May:
- Congratulations to the Lean Team Trivia winner—Larsyn Runion! Also, to all of our Lean Teamers staying active and getting over the bridge—keep up the good work!
- The second annual Wellness Roundtable event was held May 22nd at Stall High School to celebrate the health and wellness achievements of schools throughout Charleston County School District!
- 72 CCSD Schools won $1,000 for improving their health and wellness culture through the Healthy Schools Checklist Contest!
- 12 schools in Berkeley County and 3 schools in Dorchester District 2 also won prizes for their health and wellness efforts!

We are thrilled with everything that our Lean Teamers are doing to stay active and hope that each of you will stay in touch and email your miles to us at leanteam@musc.edu. Also, don’t forget that our monthly bridge walk will take place this Saturday June 1st at 9:00 am!

May 2013

Lean Team Pedometer

3 9 7 4 5
Miles accumulated since November 2007

Wellness Tip
Consuming 100 calories less per day can lead to a 10 pound weight loss over the course of 1 year.

May Summary
Regulars: 29
March Miles: 409

Lean Team Trivia
Submit your answers for your chance to win a Lean Team T-Shirt!
What vegetable contains the highest amount of Vitamin C?
Broccoli, Cabbage, Green Peas, Tomato

Answer to previous Trivia Question:
Which of the following are rich in calcium?
Dried Figs, Broccoli, Dried Beans, Almonds
Calcium is often synonymous with milk and dairy products, but all of the above foods are rich in calcium!

Thank you to our Dietetic Interns for this month’s trivia question and wellness tip!

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