Lean Team Pedometer

4 0 2 4 8
Miles accumulated since November 2007

Wellness Tip

It will take a 45-minute bike ride at a moderate to vigorous pace to burn off one medium order of French fries from a fast food restaurant.

June Summary

Regulars: 63
March Miles: 503

Lean Team Trivia

Submit your answers for your chance to win a Lean Team T-Shirt!

What is the benefit of eating kale versus green peppers?
A- It is high in iron
B- It is high in calcium
C- It is high in vitamin k
D- All of the above

Answer to previous Trivia Question:

Which of the following contains highest amount of Vitamin C?
Broccoli, Cabbage, Green Peas, Tomato

Broccoli contains the most Vitamin C

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 July 6th at 9:00 am at the gravel parking lot on East Bay and Cooper Street in Charleston.

Lean Team Walks 40,248 Miles!

Lose weight while eating your favorite foods by substituting “this for that”. Try these tasty substitutions to decrease calories and improve nutrition:

Substitute one cup of blended/pureed black beans for one cup of flour in your favorite brownie recipe. This adds extra protein and fiber.

Replace one cup of mayo or sour cream with one cup of nonfat Plain Greek yogurt. This adds lean protein and calcium to your diet.

Reduce the fat in cakes, cupcakes and dessert breads by substituting half the amount of oil with applesauce. This adds sweetness and reduces fat and calories.

Replace one cup of butter or oil with one cup of mashed banana or avocado in baked goods. This adds potassium and fiber to your diet.

Additional substitutions: pureed fruit for syrup, ground turkey for ground beef, rolled oats for breadcrumbs and mashed cauliflower for mashed potatoes. (Walker Marion —summer intern)

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 July 6th at 9:00 am!