Grapefruit is 91% water. Which of these fruits and vegetables are at least 90 percent water?

a) Eggplant
b) Strawberries
c) Zucchini
d) Grapefruit

All of the Above! Eggplant is 92% water. Strawberries are 92% water. Zucchini is 95% water. Grapefruit is 91% water.

Lean Team Trivia

This section will be revised for next edition.

Answer to previous Trivia Question:

About 80% of hospital admissions are the result of bad health habits such as leading a sedentary lifestyle. Don't let you or someone you love become a statistic.

Join us on the bridge Saturdays at 9AM: October 5th November 2nd December 7th

Bridge

BOEING CENTER FOR CHILDREN'S WELLNESS • THE LEAN TEAM

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 the first Saturday of each month at 9:00 am at the gravel parking lot on East Bay and Cooper Street in Charleston.

Lean Team Walks 42,164 Miles!

Ahh-feel the slight chill in the air at night and in the morning… a sure sign that fall is here in the Lowcountry. October brings many opportunities to take your fitness routine outside. Join us on October 5th for our monthly bridge walk—as we partner with Eat Smart Move More Charleston Tri-County to kick-off a Let’s Go Walk! Campaign to promote physical activity.

Where: Meet as usual on the Charleston side of the Arthur Ravenel Bridge (in gravel parking lot at corner of East Bay and Cooper Street across from the Julian Divine Community Center) – free parking

When: 9AM Saturday, October 5th (arrive a few minutes early to sign-in and stretch)

What: A self-paced 2.5 to 5.0 mile walk/run on the Arthur Ravenel Bridge

Contact: no pre-registration required. Show up and look for Dave Spurlock and Mike Campbell wearing Let’s Go shirts.

Check us out:

www.esmmsc.org
www.musc.edu/leanteam
http://muscboeingcenter.blogspot.com/
http://academicdepartments.musc.edu/seview

In addition, we held another successful Doc’s Adopt Training—this time, for Charleston County featuring key stakeholders, success stories of adopted schools and attended by about 25 Physicians and 45 schools. Speaking of additions…our own Lucie Kramer, MS, RD, welcomed Baby Scott Kramer into the world a little earlier than expected but both are healthy and doing well. Congratulations also to George Boniface who completed over 250 weeks of doing a 10K!

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.

www.musc.edu/leanteam