Join us on the bridge Saturdays at 9AM:
November 2nd
December 7th
January 4th

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

Lean Team Pedometer

<table>
<thead>
<tr>
<th>4</th>
<th>2</th>
<th>6</th>
<th>9</th>
<th>3</th>
</tr>
</thead>
</table>

Miles accumulated since November 2007

Monthly Summary

Walkers: 53  Miles: 529

Wellness Tip

Balance matters! A 130-pound person who walks 3 miles at a 20min/mile pace will burn 220 calories total for the hour workout. Eating one Hardees® Loaded Breakfast Biscuit will cost you 640 calories, 44 g fat and 1,510 mg sodium provided by Luke Pressler 8th grader at COKSM

Lean Team Trivia

A serving of Triscuits® is only 6 crackers but contains how many calories?
100
150
120
110

Lean Teamer Spotlight

Dr. Joe Chambers set a new weekly record of 42 miles. “I exercise in small doses. My office is on the third floor and there is no elevator and no bathroom so I get quite a few steps in that way. I live on the fourth floor of a condo and although there is an elevator, I walk the stairs. Most people would be surprised by how far they walk. We started wearing a pedometer several years ago after my wife had a stroke.”

Lean Team Walks 42,693 Miles!

We teamed up with Eat Smart Move More Charleston Tri-County to launch Let’s Go! Walk on October 5th. The event drew more than 40 new participants to the bridge. A huge shout out to George Boniface, Donna Brown, Pamela Bryant, Mike Campbell, Vonie Gilreath, Dr. Janice Key, Zoe and Aiden Roth, David Spurlock, Allison Taylor, George Washington, Flowertown and Devon Forest Elementary schools and the many other teachers and families of Berkeley, Charleston and Dorchester 2 School Districts for their part in making this walk a success. We also had the chance this month to see firsthand some of the wellness changes our participating Boeing Center schools are making as we joined Drayton Hall Elementary for International Walk to School Day (http://www.scsaferroutes.org/) and James B. Edwards Elementary for a healthy fundraiser sponsored by Boosterthon (http://www.boosterthon.com/).

In addition, we want to highlight one of our new partnerships with Fleet Feet of Mount Pleasant, Moving Comfort and area high schools. “Support the Girls” is an initiative to capacitate and empower high school girls to engage in more physical activity. The program provides properly fitted, quality sports bras, nutrition education and running form techniques. Purchase a Moving Comfort sports bra from Fleet Feet of Mount Pleasant between November 8th and 9th and one will be donated to a girl enrolled in JROTC in Charleston County high schools. http://www.fleetfeetmountpleasant.com/events/support-the-girls-event

We are thrilled with everything that you 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.