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

Join us on the bridge Saturdays at 9AM:
January 4th
February 1st
March 1st

December 2013

Lean Team Pedometer

3 3 9 0
Miles accumulated since November 2007

Monthly Summary
Walkers: 31 Miles: 697

Wellness Tip
Jump start the New Year by making a few changes now:—eat more whole foods, eat generous portions of fruits and veggies and rethink your drink(s). choose plain or sparkling water. Tip provided by MUSC Wellness Center

Lean Team Trivia
How many muscles are used to balance your body while standing still?
50
75
300
450

Lean Teamer Spotlight
Congratulations to our ever-faithful George Boniface, who has logged a 10K for 262 consecutive weeks!! An amazing feet- no pun intended 😊

Lean Team Walks 43,390 Miles!

Holiday Super Foods
Chef Michael Carmel of the Culinary Institute of Charleston shares his must have foods to put a little extra jingle in your step this season.

• Add ½ cup a day of low-fat, high protein legumes packed with fiber, B-vitamins and iron- Butter Beans, Lady Peas, Black, Garbanzo, Navy, Split Peas and white Acre Peas.

• Stock up on these super star veggies that contain cancer-fighting antioxidants and help the body detox- Broccoli, Garlic, Onions, Pumpkin, Squash, Spinach, Kale, Collards and Tomatoes.

• Add immune boosting and circulation stimulating Apples, Oranges, Honey, Cinnamon, Cardamom and Garlic to your favorite dishes.

• Loosen up stiff joints and enhance heart health by including -Walnuts, Cashews, Almonds (whole or butter) and Olive Oil in your diet.

Thank you David Quick (Post & Courier) and Carolyn Murray (WCBD Ch 2) for featuring the “Support the Girls” program. This initiative helps high school girls get fit by providing them with properly fitted sports bras, nutrition education and a running form clinic. Purchase a Moving Comfort sports bra from Fleet Feet of Mount Pleasant on designated dates and one will be donated to a girl enrolled in JROTC in Charleston County high schools (http://www.fleetfeetmountpleasant.com/)

Congrats on all you are doing to stay active. Keep in touch and email your miles to us at leanteam@musc.edu.

www.musc.edu/leanteam

James Simons staff rocks the bridge
Merry Christmas Y’All

A chilly Turkey Trot in Moorestown NJ

Your body was made to do all things possible

Said to be the only muscle to maintain firmness while standing still