

# HEALTH & WELLNESS

## Teen Food & Fitness Program

BY CAROL LEWIS,  
COMMUNITY LIAISON  
MOUNTAIN HEALTH &  
COMMUNITY SERVICES, INC.

Summer is here and you may have heard your teenager say, "I'm so fat!" There is a growing trend among young people who aren't happy with their appearances and find themselves struggling with their weight. We don't want our children to be obsessed with their visions of themselves, but we do want them to be healthy and happy. They certainly aren't alone as they struggle with their self-esteem and their health. More than 12.5 million of our nation's children and adolescents are overweight.

Childhood and adolescent obesity frequently leads to adult obesity and its devastating health consequences such as Type 2 Diabetes mellitus, hypertension, and coronary disease. As adolescent obesity reaches epidemic proportions in the United States, we need to find creative ways to encourage our children and teens to adopt healthy eating habits and increase exercise.

Almost all obesity at any age is caused by overeating and unhealthy food consumption. Aside from lifelong health risks such as high blood pressure and diabetes, overweight teens bear a heavy burden as they often have to cope with excessive teasing, social isolation, and emotional torture. Weight and body image can be a delicate issue, especially for teenage girls. It is important to adapt a sensitive, compassionate but direct approach when discussing weight with your children.

Parents are more concerned than ever about their teens and their weight. According to the American Obesity Assoc. approximately 30.4% of teens are overweight and 15.5% of teens are considered obese. This means that about half of all teens are at risk of developing health problems that are weight related. Twelve percent of parents feel that their child is overweight. There are so many reasons that our teens are having problems. And, it doesn't have an easy answer. Many parents find this a difficult subject to discuss with their teens. It can be very confusing

to both the teen and the parent, not to mention frustrating. How do we start the dialogue with our child without getting emotional?

In order to help your child, begin by encouraging the use of healthy habits and food choices that last a lifetime. This approach incorporates teaching your children healthy behaviors to promote a healthy weight and better self-image. Being able to learn more about nutrition will foster the understanding that being at the right weight is a lifelong commitment. It also takes exercise and physical activity. The average child in the United States spends more than two hours a day sitting in front of the TV or the computer. Many children spend the majority of their day without adequate exercise.

It can be challenging to make healthy snack choices when commercials are selling the high sugar, high fat snacks to our kids. The Teen Food & Fitness Program classes taught by Dr. Rachel Bader are designed to help our teens replace unhealthy carb-loaded snacks with

much healthier grab-and-go options from home. Your teen will also learn how to prepare healthy simple meals if they choose to be in charge of making their own food. The classes will also promote simple exercises in order to burn more calories and increase energy and motivation. Teens find it easier to talk to other teens and share their feelings. The classes encourage peer support and teach the teen why we eat the way we do and the emotions that tie into our eating habits. It becomes a safe place for kids to share and learn.

If your teen is struggling with low self-esteem or is not able to cope with his or her weight in a healthy manner, you may want to consider our class. Your teen can get the tools to counter social pressure, develop a more positive self-esteem and take control of their weight. The benefits will last a lifetime. For more class information you can call Alpine Family Medicine Behavioral Health Department at (619) 445-6200 x 151. Classes are now forming.

## Sharp HospiceCare Receives Honor for Palliative and End-Of-Life Care Program

SAN DIEGO — The American Hospital Association (AHA) granted Sharp HospiceCare its Circle of Life Citation of Honor, recognizing the hospice care provider for its strong management leadership, comprehensive services and programs, robust evaluation and improvement work and creative initiatives. AHA is the national organization that represents and advocates for member hospitals, health care networks and their patients and communities, to address topics related to health policy development, legislation and regulation.

Sharp HospiceCare will be one of eight organizations honored nationally at the AHA Health Leadership Summit in San Diego on July 23, 2010.

"I am proud of the entire staff at Sharp HospiceCare for their contributions toward this achievement," said Suzi K. Johnson, vice president of Sharp HospiceCare. "The unwavering dedication and passion of our physicians, clinicians, support staff and volunteers advances our mission to enhance palliative and end-of-life care for our patients in ways that surpass expectations. We are truly honored to

receive this recognition."

Sharp HospiceCare's ongoing support of end-of-life and palliative care programs includes the Sharp HospiceCare Annual Benefit Regatta, taking place August 27 and 28. In its eighth year, this fundraising event joins together the community, boating enthusiasts and health care professionals to benefit Sharp HospiceCare's initiatives.

Sponsored by Sharp HospiceCare, Coronado Yacht Club and Cortez Racing Association, this two-day event kicks off on Friday evening with a pre-race dinner celebration at Hotel Del Coronado. Saturday's festivities include lunch and dinner, and all guests are welcomed aboard sponsored yachts to cruise along the race course for a breathtaking view of the regatta and the San Diego Bay. Information about regatta is available by calling (619)740-4316, or online at: [www.sharp.com/grossmont-foundation/hospice-regatta.cfm](http://www.sharp.com/grossmont-foundation/hospice-regatta.cfm)

For more information about Sharp HospiceCare, call 1-800-82-SHARP (1-800-827-4277), or visit [www.sharp.com/hospice](http://www.sharp.com/hospice).

## Natural Habits

### What Does Having A Healthy Life Mean To You?



BY KYM MYERS, YOUR NATURAL HABIT ADVISOR

To me having a healthy life means, being free of illness, being energetic, good mental health, and having faith in the resources God created for us. This can all be obtained by 5 healthy habits.

#1 Always seek knowledge. Know the whole foods, spices and herbs that repair cells, give energy, feed the brain, (the body's life-source) and fight against disease.

#2 Have good quality relationships with positive people and participate in fun activities and sports with family and friends.

#3 Pass on the knowledge, so that your family and friends have healthy habits as well.

#4 Put a lot of thought in what foods you eat. Remember that a healthy lifestyle takes time; good health is not always convenient, but worth the time and effort. Nutrition is about quality over quantity, and free of chemicals and genetic altering. Which leads me to ...

#5 Don't mess with nature. When man starts adding chemicals to natural food, there are always side effects. Having healthy habits, is the most selfless thing you can do; you can't be there for other people if you don't feel well.

I'm often asked what products I use; so here are some of my favorite products that help me and my family maintain a

healthy, chemical free life.

From head to toe:

The best hair care products for good hair are Shea Moisture shampoo and conditioner.

For great, soft, clean, skin - Shea Moisture Organic African Black Soap. This cleansing bar will even clear up acne and other skin problems. Once you try this soap, nothing else will do. Find these products at [SheaMoisture.com](http://SheaMoisture.com) or selected Target stores.

Burt's Bees Natural Sun Care for chemical free sun screen.

My favorite toothpaste is Coral White. Instead of fluoride, Coral White is formulated with calcium from sea coral. For mouthwash, I freshen up with (aluminum free) bicarbonate soda and water (both can be purchased at Sprouts).

For moisturizing nothing beats Aubrey Organics Collagen and Almond lotion. Aubrey also has a great herbal hair spray. Available at Grossmont Nutrition or Sprouts.

To keep wrinkles at bay I

use Now brand 100% pure cocoa butter. I sure notice a difference when I don't use it. (Sprouts)

To keep smelling fresh I like Herbal Clear Naturally, natural deodorant with sage and vitamin A. On those extra hot days, I also lightly dust with (aluminum free) bicarbonate soda.

My favorite places for when I'm famished:

Every other week I have to make a stop at Jamba Juice. The Santee store has the best organic steel cut oatmeal with fruit. The organic chai tea is also delightful.

For a gourmet dinner, without the gourmet price, KI'S on the 101, is well worth the drive. When I want a quality steak, I trust it to be grass fed and free of hormones and antibiotics, it has to be KI'S. They also have a really good breakfast with the best selection of organic coffees.

When in the mood for pizza, Pizza Fusion is the place to go.

For any question on these products and places email me at: [2beenatural@gmail.com](mailto:2beenatural@gmail.com)

**Pregnancy Care Center**  
(619)442-4357  
[www.unplannedparenthood.org](http://www.unplannedparenthood.org)

**Free** Pregnancy Testing  
**Free** Maternity & Baby Clothing  
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1st Thursday each Month  
8 AM—Noon  
Pine Valley Community Center  
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Broker  
**619.851.0433**  
[www.IKnowSDRanches.com](http://www.IKnowSDRanches.com)

619.330.2140 efax  
[teamonebroker@yahoo.com](mailto:teamonebroker@yahoo.com)  
Lic# 01836358