

# HEALTH & WELLNESS

## Healthbeat

### EPA: Over-buying leads to food waste

Nov. 15 was the 15th Annual America Recycles Day. The Environmental Protection Agency (EPA) used the occasion to renew its commitment to helping Americans reduce wasted food by working with grocers, universities, stadiums and other venues through its Sustainable Materials Management Food Recovery Challenge.

According to EPA estimates, food is now the single largest type of waste going to our municipal landfills and incinerators — more than 33 million tons of food ends up in landfills or are combusted each year. When food is discarded in landfills, it produces methane, a potent greenhouse gas that contributes to climate change. Americans throw away up to 40 percent of their food, an average of 20 pounds per person a month. Much of this wasted food is actually surplus, wholesome and edible food that could have helped those in need.

"In 15 years of America Recycles Day, we've seen how recycling not only helps us conserve our resources and protect our environment — it also helps us save money by cutting back on purchasing needs and waste disposal efforts," said EPA Administrator Lisa P. Jackson. "Through the Sustainable Materials Management Food Recovery Challenge, participants are encouraged to make smarter, more sustainable food management choices."

The agency says that all Americans can help reduce food waste by limiting food purchases to what they are able to eat, and finishing leftovers before buying more food.

More information on reducing food waste can be found at [http://www.epa.gov/recycle/reduce\\_fd\\_wste.html](http://www.epa.gov/recycle/reduce_fd_wste.html).

### Smith details heart transplant in new book

Kelvin Smith, a former Wilson resident and alumnus of Fayetteville State University, has released a book detailing his heart transplant.

Smith says that "The Unlikely Candidate- An Amazing Journey of a Heart Transplant Patient" was written to inspire readers to never say never.

In the book, Smith describes growing up as an extremely healthy athlete. It came as a shock when his heart began to fail him. He was hospitalized for three months before receiving a life-saving heart transplant. After seeing patients pass away before getting the same chance he received, Smith said he knew he had to make a difference.

His memoir draws on his strong faith, courage and the ever-changing medical world.

"Kelvin shares his pain, laughter and sorrow through a compelling use of irony, humor and truth as he comes to terms with needing a transplant to survive," Helen Irving, CEO/president of the New York Organ Donor Network, said in praising the book.

For additional information, visit [www.kelvinvsmithsr.com](http://www.kelvinvsmithsr.com).

### Grant will open teaching kitchen at local Y

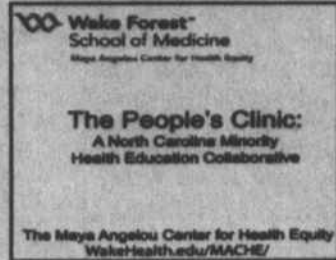
The Brenner FIT Program at Wake Forest Baptist Medical Center has received a \$200,000 challenge grant from the Mebane Foundation to establish a new teaching kitchen at the William G. White Jr. Family YMCA.

Brenner FIT (Families In Training) is one of the nation's most comprehensive programs for combating childhood obesity, from intensive, family based weight management to community outreach. Its new teaching kitchen will be made possible through the grant funding and a partnership with the YMCA of Northwest North Carolina.

The teaching kitchen will feature eight cooking stations for classes ranging from 12 to 20 participants. After a presentation on nutrition, families will gain hands-on experiences, including cooking, nutrition education and meal planning.

"Weight problems in families are a source of tension and stress," said Dr. Joseph Skelton, director of Brenner FIT and associate professor of pediatrics, epidemiology and prevention at Wake Forest Baptist. "When we can turn the situation into one where family members support each other in a positive way, everyone wins."

## Being Healthy During the Holidays



As many of our end of the year holidays approach, we think about how often these celebrations in our lives are associated with food, food and more food. Also, since most folks are less active during the cold winter months, it can be difficult to maintain a healthy weight. However, you can still enjoy your favorite celebrations and foods and maintain your healthy lifestyle! Read on to learn some tips to use during this holiday season.

Although a recent study showed that Americans gain on average about a pound between Thanksgiving and the end of the year, the study also showed that once that pound gets added, it typically doesn't come off. It's even worse for people who are already overweight or obese, who gain on average five pounds during the holidays. These extra pounds can increase your risk for many chronic illnesses, such as diabetes, cancer, high blood pressure, stroke and heart disease. This makes it especially important to develop and keep healthy habits during the holidays.

One very important part of eating healthy during the holidays is portion control, which means being careful about the amounts of foods that you eat. While it is true that what foods that you eat are important to being healthy, it's also important to watch the amounts of food you eat. Here are some helpful tips to try to help with portion control during the holidays:

Use your hand as a guide for measuring how much of a food you should eat. According to the American Heart Association, you can use the following guides just by using your hands:

- your fist = the size of one cup of fruit, salad, or casseroles;
- your cupped hand = ½ cup of pasta, rice, beans, potatoes, cooked vegetables, pudding, or ice cream;
- the palm of your hand = 3 ounces of beef, pork, poultry or fish;
- your thumb = one tablespoon of salad dressing, peanut butter, sour cream or cream cheese; and
- the tip of your thumb = one teaspoon of butter, margarine, mayonnaise or oil.

Use your plate to determine what foods to eat and how much. Try not to use the largest plate available when you are eating a meal, and reserve half of your plate for fruits and vegetables.

Eating "family style" can get our portions out of whack. When eating meals, have the food dished out on to your plate from whatever the food was cooked in, and try to avoid going back for second helpings.

If you focus on socializing or other fun activities during holiday gatherings, you might be less inclined to overeat. You will also be more likely to eat slowly, which can bring on the feeling of being full earlier.

If you go to a restaurant for a holiday gathering, ask for a half-portion of your entrée, or share an entrée with someone.

Lower your temptation level by eating a meal before you go to a party where you know there will be plenty of unhealthy foods around.

#### What about exercising?

In the colder (and often bad weather) of the winter months, it is difficult to get outside as you might normally do to exercise. However, there are things you and your family can do to keep up this healthy habit: Go to a YMCA/YWCA or a com-

See Holidays on A7

## Rec Center offers yoga

CHRONICLE STAFF REPORT

Yoga has come to the Rupert Bell Recreation Center.

Well-known exercise instructors Dorinda Phillips and Amatullah Saleem began offering classes for women at the center last spring to provide an alternative form of exercise.

"Our target was the group of women who wanted to improve their health, but were not particularly interested in a high-energy form of exercise," Phillips and Saleem state in a press release. "Yoga offers a low-impact full body workout that is an easily adaptable exercise regimen. It also relieves stress, enabling the client to better handle daily, emotional challenges."

The instructors say that in many ways, yoga has gotten a bad rap. It is no longer strictly about uncomfortable body contortions. Rupert Bell offers Yoga-Fitness, a ever-growing brand of yoga that provides a low-impact full-body workout. The instructors also incorporate some Pilates and physical fitness techniques to enhance classes.

Class participants can't get enough. "The Yoga Class has truly been an inspiration to me. It has made me more aware of bringing the body, mind and spirit together with the low-impact exercise," said Claudia Foote. "I have felt so



Dorinda Phillips leads a sittercise class.

energized and inspired to practice the breathing that my doctor suggested to me because of my physical condition."

Bobbie Collins said, "After each class my body feels brand new. Yoga releases stress and tension. I highly recommend it. I feel like a new person ... after each session."

The Rupert Bell Recreation Center is located 1501 Mount Zion Place. Yoga classes are offered on Mondays from 6:30 - 7:30 p.m. through Jan. 28, 2013, except for Christmas Eve (Dec. 24).

## One-Woman Powerhouse

Photo courtesy of Forsyth Tech



Wambui Bahati performs her one-woman show, "I Am Domestic Violence," at Forsyth Technical Community College on Tuesday, Oct. 30. The acclaimed actress, motivational speaker and author has won raves for her work and for helping to bring the issue of domestic violence to the forefront. She is also an author whose titles include "Domestic Violence and Relationship Abuse Awareness and Prevention for College Women - A Reminder."

## Cancer Services takes its message to church

CHRONICLE STAFF REPORT

Cancer Services Inc. presented its first "Body + Soul Saturday" on Oct. 27 at Piney Grove Baptist Church.

The day of fun, great food and activity was designed to motivate and encourage people to eat well, be active and enjoy life. Experts recommend eating at least five cups of fruits and vegetables every day and exercising at least thirty (30) minutes a day as a way to reduce one's cancer risk by 30-40 percent.

Body + Soul Saturday urged participants to adopt these healthy habits. Chef Irvin Williams of NOLA Catering cooked vegetables that were seasoned with olive oil and spices. His food was a big hit.

Katrina Rice and Dance Fit Divas led the crowd in a 45-minute energetic dance routine that left participants feeling fit and inspired. Rev. Clee, a Christian comedian, provided entertainment. He had attendees in stitches with his a routine that centered heavily around church folks. There were also a number of free giveaways and prizes awarded.



Chef Irvin Williams cooks.

Cancer Services Inc. is a nonprofit, United Way organization with a mission "to enhance the quality of life for those living with cancer and to provide the gift of life through education." All of the agency's services are free of charge.

If you or anyone you know is in need, call Cancer Services at 336-760-9983.

## Stroke video earns kudos for local kids

CHRONICLE STAFF REPORT

The Snapback Kingz, a musical group based at The Boys & Girls Club of Greensboro, received an honorable mention in the American Stroke Association's 2012 Hip Hop Stroke Video Competition.

In May, kids ages 10 to 16 from across the nation were invited to submit videos that demonstrated artistic ability and originality while visually illustrating stroke warning signs and risk factors. Competitors had to use the hip hop stroke song, "Enlighten the World on Stroke," produced by Osiris South Records, in their submissions.

Hip hop professionals — including actor and TV personality Terrence J, an alumnus of N.C. A&T State University, and Cheryl "Salt"



Snapback Kingz DJ Cheek, Glenn Butler and Ziquan Lovely pose with the Boys & Girls Club's Chantel Jordan.

James of the group Salt-n-Pepa — judged and selected the winning videos.

"The Snapback Kingz showed a lot of heart and presented a united front in urg-

ing the public to learn about stroke and its warning signs. Their efforts definitely earned them the Honorable Mention designation."

See Video on A7