



Healthy Dearborn is creating a culture of health in Dearborn where everyone enjoys access to healthy lifestyles!

Welcome to Healthy Dearborn, where your health matters,

By reading this newsletter, you are taking another step towards a happier, healthier life. There are many ways to “get your health on” in Dearborn, a few of which are covered in this issue.

The easiest way to get healthy is to have fun while being active - and we have a perfect activity for you!

**Mayor O'Reilly, Jr. and Beaumont Health/Healthy Dearborn are kicking off an eight-week walking challenge on July 10<sup>th</sup>!** Find out how you can join this exciting campaign, and register for your free walking kits and chances to win prizes, below.

**What are your ideas for a healthy Dearborn?** Share your thoughts and opinions at the next Healthy **Dearborn Quarterly Evening Community Meeting on June 27<sup>th</sup>!** Join us for lively conversation, delicious healthy snacks and refreshments, and creative planning.

As always, please share this newsletter with your colleagues, friends and family. Let's work together to create a Healthy Dearborn for *everyone*!

Sincerely,  
Sara Gleicher & Tameka Spruce

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### Check out what's happening with Healthy Dearborn.

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**Join Mayor O'Reilly, Jr, Beaumont Health & Healthy Dearborn in a new, eight-week community walk challenge!**

Our goal is to walk the distance from Dearborn to Los Angeles – 2,275 miles – between July 10 and September 10<sup>th</sup>. By walking at least one day a week, for an hour

**Can't make our morning meetings but want to participate in Healthy Dearborn? Join us on June 27<sup>th</sup> at the third Healthy Dearborn Community Evening Meeting!**

A great way to find out what new healthy initiatives are being planned for your community is to attend our evening community meetings. You will meet

or so, we can do this, together!

It's easy to join this challenge. Currently, we are recruiting volunteer walk leaders. Walk leaders commit to walking at least one day a week. They set the routes and schedules for their group/team walks. A master schedule will be created and distributed.

Walkers register and sign up to join a walk leader's team. Every walker keeps track of miles walked and gives this information to their walk leader each week. Each walk leader and walker will receive a free walking kit that includes a fanny pack, lanyard, badge holder and walking logs. Everyone who turns in their logged walking information each week will be entered into a raffle for prizes.

**If you want to be a volunteer walk leader, please come to an orientation on Thursday, June 20<sup>th</sup>, at Dearborn Administrative Center, conference room 1D, 16901 Michigan Avenue, 6 PM.** Refreshments will be served.

Walk leaders and walkers, contact Sara Gleicher at **[sara.gleicher@beaumont.org](mailto:sara.gleicher@beaumont.org)** or 313-378-7052 for more information.

**So, let's get walking, Dearborn!** Get your neighbors, family, and friends to join you for a walk each week. Let's get the whole community walking for health, fitness and fun!

interesting people, enjoy stimulating conversations, and have the opportunity to make your opinions and voice heard!

The June 27<sup>th</sup> meeting will include a short presentation by David Norwood, from the Mayor's Office, and a panel discussion on new proposed programs including Open Streets, grocery store tours, school breakfasts, and restaurant ratings.

Our community is stronger when *everyone* participates in planning and decision-making. We value and want your input. Meetings are family-friendly. Delicious healthy appetizers and beverages will be served. Arabic translation will be provided if needed.

If you need transportation, or have questions, please contact Sara Gleicher at **[sara.gleicher@beaumont.org](mailto:sara.gleicher@beaumont.org)** or 313-378-7052. Meeting details are shown below:



## JUNE COMMUNITY EVENING MEETING



We want to hear from you!

- Learn about our new Strategic Plan for improving health in Dearborn
- Hear about past and future projects
- Let us know if our programs address your interests
- Find out how you can participate!

**THURSDAY, JUNE 27, 2019**

**Sign-in: 6:00 - 6:30 PM**

**Meeting: 6:30 - 8:00 PM**

**Dearborn Administrative Center Atrium  
16901 Michigan Ave**

All are welcome, including children.  
Light refreshments will be provided.

For more information,  
or if you need transportation:  
Contact Sara Gleicher  
(313) 378-7052  
[sara.gleicher@beaumont.org](mailto:sara.gleicher@beaumont.org)

**Beaumont**



## WEEKLY WALK & ROLLS ARE IN FULL SWING, BETTER THAN EVER!

Join us for weekly bike rides and walking every Wednesday evening, from now through the end of October. This week, Wednesday, June 12<sup>th</sup>, early birds will be treated to free chair massages at LaBo Family Chiropractic, 2300 Monroe Street!



Mayor O'Reilly, Jr., Beaumont Health and Healthy Dearborn invite you to join their Let's Get Walking Dearborn! 8-week campaign

# WE NEED YOUR HELP!

## WALK LEADERS NEEDED!

We are looking for group leaders to volunteer for an 8-week walking event from July 10th-September 10th. Please register with Sara Gleicher.

Walk Leader orientation date:  
**THURSDAY JUNE 20th @ 6:00 PM**

Location:  
Dearborn Administrative Center  
16901 Michigan Ave,  
Dearborn MI  
48126

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Register: (313) 378-7052 or email [Sara.Gleicher@beaumont.org](mailto:Sara.Gleicher@beaumont.org)

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Dearborn Mayor O'Reilly, Jr., Beaumont Health, & Healthy Dearborn present

## LET'S GET WALKING DEARBORN

**AN EXCITING 8 WEEK CAMPAIGN FOR FITNESS & FUN!**

July 10 - September 10

**KICK-OFF JULY 10TH @ GEER PARK  
14767 PROSPECT ST. DEARBORN 48126**

**5-7 PM - Registered walkers receive free walking kits!**



Walks are scheduled and led by volunteer group leaders. Group leaders will select their walking route/location for weekly walks. A master schedule of walks will be provided to each registered walker.

### VOLUNTEER WALK LEADERS NEEDED!

Join us for an orientation at  
6:00 PM on June 20th at the  
Dearborn Administrative Center  
(16901 Michigan Ave.)

### REGISTRATION & FOR MORE INFO:

Contact Sara Gleicher  
[sara.gleicher@beaumont.org](mailto:sara.gleicher@beaumont.org)  
(313) 378-7052



**FOR MORE INFO, CHECK OUT HEALTHY  
DEARBORN ONLINE AND ON SOCIAL MEDIA**

[www.healthydearborn.org](http://www.healthydearborn.org)

[f](#) Healthy Dearborn and Healthy Dearborn Walk & Roll

[i](#) #healthydearbornwalks



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**Why walk? Because the health  
benefits of walking are  
numerous.**

### You get in shape.

A brisk walk will ultimately get you in shape and make you feel better and stronger over time. There is no need for expensive gym memberships, no heavy lifting weights, or draining your body on complicated gym equipment.

**Your heart becomes stronger**

Here is a link to the full schedule:

<https://www.bikedearborn.com/walknroll.html>

fbclid=IwAR1cZLILnyeFY3XkmgdVtDmJdFR  
UKQoHaX1OgbGUF2FHzye srne7sB0vPyQ



## Dearborn SHINES for Healthy Kids! project is wrapping up

The Dearborn SHINES for Healthy Kids! Project, aimed at increasing physical activity and nutritional health among K-8 students, and their families, at eight Dearborn public schools, is wrapping up by the end of August. Funded by the Michigan Health Endowment Fund, Dearborn SHINES is a partnership between Beaumont Health, Healthy Dearborn, Dearborn Public Schools, Wayne State University Center for Community Health & Impact, University of Michigan Dearborn Environmental Interpretive Center, and ACCESS.

An inspiring example of this project's success is the Salina Elementary school garden. Susan Stanley, Principal, Garden Champion Beth Gorman, Art Teacher Linda Locke, students other staff and parents have transformed their school garden into an oasis of creativity, learning and community. Note the yarn hearts on the



and healthier.

Brisk walking raises your heart rate by 60-70%. If you make it a habit of walking for 1 hour daily, the strength of your heart and its efficiency in pumping blood will increase over time and your risk of heart attack, angina and stroke are significantly reduced.

### **Walking reduces stress.**

We are all exposed to daily stresses and over time, this can take a toll on your physical and mental health. Exercise, especially brisk walking, is one of the most effective ways to reduce your stress levels by releasing endorphins in the brain. These chemicals boost your mood and make you feel good. Exercise also counteracts the negative effects and the damage caused by stress hormones in the body.

### **Walking boosts your immunity.**

Studies show that regular exercise increases the vitality of all the systems of our body, including the immune system. If you keep walking and staying active, the risk of acquiring lifestyle diseases such as type 2 diabetes falls tremendously, too.

### **Walking with a group is fun.**

Daily walking at the same pace, on the same path, alone, can get boring. Exercise should always be fun so that you stay motivated. Walking with your neighbors, family and others get the best results. You motivate each other and help others in sticking to the schedule.

**Plus, if you track your progress**, counting the number of steps you take every day or the number of miles you walk per

fence, made by students to show their love for their new outdoor classroom!



"Look what we had for lunch today.  
We love our garden.  
Happy Summer!"

session, you will see how your parameters improve over time. This will motivate you to keep on walking and staying active!

Susan Stanley, Principal  
Salina Elementary School

### **Healthy Dearborn wants you to help you make healthier choices at *unhealthy* restaurants!**

Healthy Dearborn's "Healthy Restaurant" program now has fifteen restaurants recognized for providing nutritious and healthy dining options.

But what about those who continue to eat at fast food and chain restaurants? We know that many of the meals served in these establishments are not healthy.

While experts say there is nothing wrong with "cheating" once in a while by eating "forbidden foods", eating fast and junk foods more than once a week is linked to a higher risk of obesity. Eating these foods more than twice a week is associated with higher risks of metabolic syndrome, type 2 diabetes and death from coronary heart disease.

"Junk" foods are any food that is highly processed, high in calories and low in nutrients. Junk food is also often high in added sugars, salt and saturated or trans fats. There is some evidence that junk foods can be as addictive as alcohol and drugs. "Fast food" is food that is prepared quickly, and eaten quickly or taken out. Although there are a growing number of healthier fast food options, most fast food is still classified as junk food.

Just one serving of junk food can increase inflammation throughout your body. One study from Australia found that a fast food meal high in saturated fat can increase inflammation in the airway, increasing the risk of an asthma attack.

When you're making the choice between a healthier option and junk food, consider that just one healthy meal a day can reduce overall stress and inflammation in your body. Every meal you consume is an opportunity to positively impact your health!

### **Play Healthy Dearborn Facebook and Instagram page for weekly prizes**

Thanks to our Healthy Dearborn student interns LaNequia Porter, Jessica Haddad and Juana Scandrick, we implemented an exciting Instagram contest to promote awareness and interest in healthy living.

During the last month and half, we've been giving away different prizes to people who posted pictures on the Healthy Dearborn Community Instagram page. Last month's theme was biking. People posted pictures of themselves riding their bikes.

This month's theme is Healthy Foods.

Follow us on Healthy Dearborn Community Instagram page or Healthy Dearborn Facebook page at [\*\*#healthydearborncommunity\*\*](https://www.instagram.com/healthydearborncommunity).

Winners will be selected at random.

This campaign is designed to be fun for everyone, so download the Instagram app and Facebook app on your Smart phones today and get ready to play!



Healthy Dearborn will be conducting research and identifying healthy options to help you make a healthier choice when you visit a fast food restaurant or crave more junk food. Stay tuned for more information, soon.



## **Healthiest Foods to Choose While Visiting at your local Fast Food or Sit down Restaurant**

Below is a list of healthy foods you can eat at different unhealthy restaurants. However, please keep in mind that the foods you order may not be high in fats but it could be high in sodium. You can request to see a nutrition food label at most fast food and sit-down restaurants.

### **Healthy Foods at Unhealthy restaurants**

#### **Cheesecake Factory**

**Lemon Garlic Shrimp -**  
It's hard to believe that this buttery pasta dish is part of the Skinnylicious menu at The Cheesecake Factory, but it is. Seared shrimp pieces are served atop a flavorful, tart sauce, accompanied by a generous serving of angel hair noodles. You'll forget that you're eating something healthy!

### **AÇAÍ BERRY BOWL**

Superfoods collide in a bowl that is perfect for breakfast, after a workout, or a healthy snack!

Course - Breakfast, Snack  
Cuisine - American, Vegan, Vegetarian

Prep Time 5 minutes  
Cook Time 15 minutes  
Chill Time 15 minutes  
Total Time 20 minutes  
Servings 1 bowl  
Calories 123 kcal

#### **INGREDIENTS**

##### **For the Açaí Bowl:**

- 1/4 cup apple juice
- 1/2 banana
- 1 packet frozen açaí I like Sambazon Original Blend Açaí Berry, thawed for 5 seconds under running water, then broken into chunks
- 1/4 cup frozen blueberries
- 1/4 cup frozen pineapples

##### **For the Toppings:**

- sliced strawberries

<https://spoonuniversity.com/lifestyle/healthy-cheesecake-factory-dishes>

[http://www.thecheesecakefactory.com/assets/pdf/Nutritional\\_Guide.PDF](http://www.thecheesecakefactory.com/assets/pdf/Nutritional_Guide.PDF)



## Taco Bell

Order off of the "Fresco" menu at Taco Bell for choices that are under 350 calories and fewer than 10 grams total fat — with less saturated fat than other menu items as well. These menu items swap out the cheese and sour cream for pico de gallo, which helps you get some more produce and flavor for fewer calories. Fresco chicken or steak soft tacos are the best bets in terms of calories, saturated fat and protein. They're only 140 to 160 calories each, so get two and add a side of black beans (which adds only 80 calories and 5 grams of fiber) for a complete meal.

<https://www.foodnetwork.com/restaurants/photos/healthy-restaurant-menus>

<https://www.tacobell.com/nutrition/info>



- blueberries
- sliced bananas
- coconut
- chia seeds
- granola
- honey

## INSTRUCTIONS

- In a blender, add the apple juice, banana, Açai, blueberries and pineapple, in that order. Blend on low speed until the mixture is thick and creamy. You may have to tamp it down to help it blend evenly. Transfer to a bowl and let it set in the freezer while you prepare your toppings.
- To serve, top with strawberries, blueberries, bananas, coconut, chia seeds, granola and a good drizzle of honey. Enjoy immediately.



To learn more view the recipe for yourself go to <https://kitchenconfidante.com/acai-berry-bowl-recipe>

Or watch the video below!!!





## Healthy Dearborn Coalition Meetings - All are welcome!

We are working on new initiatives such as Open Streets Dearborn, Dearborn Gets Walking and other exciting things. Join us to transform ideas into reality! Healthy Dearborn Coalition meetings are held every Third Tuesday of the month, 8:30 - 10:00 AM.

### Upcoming meeting dates:

**Tuesday, June 18th**  
**8:30-10:00 AM,**  
**Dearborn Administrative**  
**Building 16901 Michigan**  
**Ave, Dearborn, MI 48126**

**Tuesday, July 16th, UM-**  
**Dearborn Environmental**  
**Interpretive Center**

**Tuesday, August 20th,**  
**location TBD**



16901 Michigan Avenue  
Dearborn, Michigan, 48126

313-378-7052  
[sara.gleicher@beaumont.org](mailto:sara.gleicher@beaumont.org)

Contact Us





[Visit our website](#)