

# Basics and Beyond



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## SPECIAL POINTS OF INTEREST:

Orientation/  
Seminar dates

Welcome to  
Briana Traut!

Information on the  
exercise class

Mind your mouth!

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## January Seminar/Orientation Dates

### Seminar Dates

For individuals interested in  
**surgical and/or non surgical weight loss:**

Thursday, January 7—5 pm—River Campus  
Monday, January 11—3 pm—River Campus  
Monday, January 25—3 pm—River Campus

**To register, please call 320-240-2828  
or visit our website at [centracare.com](http://centracare.com).**

### Orientation Dates

For individuals interested in  
**non-surgical weight loss:**

Monday, January 4—12 pm—River Campus  
Thursday, January 7—3 pm—River Campus  
Monday, January 11—5 pm—River Campus  
Thursday, January 14—3 pm—River Campus  
Monday, January 18—12 pm—River Campus  
Thursday, January 21—3 pm—River Campus  
Monday, January 25—12 pm—River Campus  
Monday, January 28—3 pm—River Campus

## Reminder: we changed our name!

We have continually strived to improve our weight management services to encompass all aspects of weight management and treatment of obesity. As many of you may have heard, starting Jan. 1, we are officially CentraCare Weight Management. CentraCare Weight Management will continue to incorporate both surgical and non-surgical weight management options. We appreciate your patience as we make the necessary updates to depict our new logo throughout our center.

## Welcome to our new personal coach, Briana Traut!

Briana attended ROCORI High School and received her bachelors degree from the College of Saint Benedict where she majored in nutrition and minored in both psychology and exercise science.

She recently finished her dietetic internship through Iowa State University and will soon take her exam to become a registered dietitian. Briana grew up, and currently lives in the Cold Spring area.

She enjoys running, playing volleyball, spending time at her family's cabin and reading in her spare time. Briana also enjoys spending time with her family, friends and her Goldendoodle, Rosie.

We are very excited to be adding Briana to our team!

## Happy New Year!

Making a New Year's resolution? Check out some ideas below. To keep you from feeling overwhelmed, pick one or two and focus on those.

1. Buy a smaller size coffee or eliminate one per week. You will save calories and money.
2. Take the stairs whenever possible. Up, down or both!
3. Go for a walk around your building at lunch for 10 minutes everyday.
4. Meatless Monday! Meat can be expensive, not to mention high in fat and calories.
5. Stretch after waking up and before you go to bed to get your blood flowing and relax your muscles.
6. Skip the drive-thru. Park and get a few extra steps in your day by walking into the store, bank or coffee shop.
7. Schedule some exercise time for the week. Then, reward yourself once all sessions are complete with a pedicure, new book or find a fun activity to do with friends.

## Mind your mouth

No, I am not scolding you for using "adult language." I am talking about mindful eating. Try out a few of these tips to help you become more mindful about your food.

### Make a conscious decision to eat.

When you find yourself wanting food, ask yourself, "Am I hungry right now?" — be honest with your answer. If the answer is anything but yes, find an alternative activity. Drink some water, walk away from the food, read a book.

### Avoid distractions.

Eat at the table. Put away your phone, shut the TV off, put away your work. Distracted eating leads to extra eating.

### Use all your senses.

Observe the scent, texture, color, taste and sound. Think of the crisp sound of biting into an apple, the sweet taste of it and the texture as you chew it. Ask yourself how you're enjoying the food and how appealing it is.

## Run a 5K with us!

Make a goal to stay active this winter! CentraCare Weight Management is forming a team for the Earth Day 5K April 15, 2016. We are welcoming all patients to join our team! This race is sponsored by our very own CentraCare to promote community health and wellness.

Feel free to talk to our exercise coach, Dustin or behavior coach, Kelly, for assistance in building a schedule for a couch to 5K or for more information about race plans. Dustin is willing to build a schedule for any goal you may have in mind.

You may register at: [runearthday.com](http://runearthday.com).



"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible."

- Francis of Assisi

# Medical Program

## Think before you sip

Just a friendly reminder, we do not recommend alcohol on any of our weight loss plans. Alcohol can have detrimental effects on your weight loss journey. Check out the facts below:

- ◆ Alcohol is a high calorie beverage—1 gram of alcohol has 7 calories versus 1 gram of protein having 4 calories.
  - ◆ One serving of alcohol (5 oz of wine, 12 oz of beer, 1.5 oz of liquor) can pack up to 200 calories.
- ◆ Alcohol can slow metabolism—your body cannot store alcohol so it must metabolize it (break it down) right away. Other metabolic processes (breaking down fat, carbohydrates and protein for energy) will slow.
  - ◆ Think about the last time you had an alcoholic beverage, what were you doing? Often, we are snacking on “munchies” or enjoying some barbeque wings. When alcohol is in your system, breaking down food for energy is low on the body’s list of priorities.
- ◆ Alcohol can decrease absorption of nutrients. Long-term alcoholic beverage drinking can lead to you not having enough vitamin and mineral stores.
- ◆ Alcohol lowers inhibitions. We are less likely to say “no” to that slice of pizza someone offers or to resist having seconds of your favorite dessert.

**If you decide to have an alcoholic beverage, we want you to be well informed. Check out the calorie levels of some popular beverages.** Remember the calorie level can vary depending on the type of wine or the darkness of the beer.

**5 oz of wine = 120-130 calories      12 oz of regular beer = 150-190 calories      1.5 oz of 80 proof liquor = 95-110 calories**

## Bariatric Center Exercise Class

We are now offering an exercise class specifically designed for our bariatric patients. Here’s what you need to know in order to sign up:

- ◆ Classes will be held each Tuesday in January.
- ◆ Class times will be 4:00 pm and 5:00 pm.
- ◆ Each patient **needs to come 15 minutes** prior to their class time to get a nurse check (weigh in and vitals, along with product order) prior to heading down to the exercise gym.
- ◆ The exercise classes will be held in the Cardiac Rehab gym at St. Cloud Hospital.
- ◆ We will meet in the River Campus second floor lobby at 3:45/4:45 p.m. and walk down to the gym together.
- ◆ Classes will last 30-35 minutes and will be run in a circuit manner.
- ◆ Classes are limited to 3-5 people each class.
- ◆ There is no charge for these classes – free to all patients in weekly reduction.
- ◆ Please wear clean tennis shoes and comfortable clothing.

**\*\*\*Paperwork must be completed prior to this class – see Dustin for details.\*\*\***

# Surgical Program

## Bariatric Surgery Support Group

Date	Time	Topic	Place	Leader
Thursday, January 7	5:15-6:15p.m.	TBD	Aspen Room	Alyssa Monson, RD, LD
Thursday, February 4	5:15-6:15p.m.	TBD	Aspen Room	Angela Beck, RD, LD
Thursday, March 3	5:15-6:15p.m.	TBD	Aspen Room	Alyssa Monson, RD, LD
Thursday, April 7	5:15-6:15p.m.	TBD	Aspen Room	Alyssa Monson, RD, LD

**Directions to Support Group:** Surgical Support Group is held at the St. Cloud Hospital in the Riverside Conference Center. Please enter the hospital through the **North Entrance**, use the **Lakes elevator** to **Floor A** and follow the signs for **“Weight Loss Surgery Support Group”** to the meeting room.

### Don't Stress!

When you are faced with stress, you may use food to ease your anxiety. What happens when we take food out of that equation? Check out some tips below to eliminate food from your stress relief plan.



- ◆ Manage your time by planning and prioritizing your activities. Sometimes writing out a list or a schedule helps you to see that it can be done.
- ◆ Learn to say no. We all want to please others. If it is too much, say so. You can take on new tasks when you are ready.
- ◆ Set aside time for fun. Take a day off with no set plans or set aside one night a week just for fun.



- ◆ Organize work and living space.
- ◆ Keep up daily physical activity
- ◆ Learn to delegate responsibility.
- ◆ Have a good laugh. Sometimes laughter IS the best medicine.
- ◆ Practice relaxation techniques (deep breathing, meditation, yoga, etc.)
- ◆ See professional help, if necessary.

#### Want to get connected to others who have had Weight Loss Surgery?

Central MN WLS has a private group on Facebook (so no one will know you are in the group, except those in the group, and will not see what you write on your regular page). Come to support group so that we can get your information and add you! [Hope to see you join us real soon!](#)

Would anyone like to be a Journey speaker?  
If you would like to share your weight loss surgery story with others, please contact Alyssa at 320-255-5883.