

# Basics and Beyond



River Campus  
1200 Sixth Ave N  
St. Cloud, MN 56303  
320-240-2828

Editor:  
Alyssa Monson, RD, LD

## SPECIAL POINTS OF INTEREST:

New medical-specific seminar

Handling plateaus

Stuffed Green Pepper Recipe

Support Group dates/times

## INSIDE THIS ISSUE:

Set yourself up for success 2

Medical: Maintenance & Reduction Support Groups 3

Surgical: Boosting your Daily Activity 4

VOLUME 10, ISSUE 6

JUNE 2015

## June Seminar/Orientation Dates

### Seminar Dates

For individuals interested in surgical weight loss:

Thursday, June 4—5 pm—River Campus  
Monday, June 8—3 pm—River Campus  
Monday, June 22—3 pm—River Campus

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

### NEW: Orientation Dates

For individuals interested in medical weight loss:

Tuesday, June 2—5 pm—River Campus  
Thursday, June 4 — 3 pm—River Campus  
Monday, June 8 —5 pm—River Campus  
Tuesday, June 9 — 3 pm—River Campus  
Thursday, June 11 — 3 pm—River Campus  
Monday, June 15—Noon—River Campus  
Tuesday, June 16—3 pm—River Campus  
Thursday, June 18 —3 pm—River Campus  
Monday, June 22—Noon—River Campus  
Tuesday, June 23—3 pm—River Campus  
Tuesday, June 30 — 3 pm—River Campus

## Come join us!

Need support and advice for your weight loss journey?

**Journey speakers will be at the Medical Weight Management Support Group:  
June 11, 2015 10:30-11:30 a.m. Bariatric Center Conference Room**

Medical Weight Management Support Group meets every week from 10:30-11:30 a.m. in the Conference Room. No sign-up required.

## HOW TO HANDLE PLATEAUS

You are working hard at your weight loss and feeling great, but suddenly, the scale refuses to budge. This is called a plateau. Rather than be hard on yourself, get curious about what is happening and use what you have learned to get over that plateau!

First, we need to recognize that plateaus are normal. Most people reach a plateau about six months after weight loss begins. Below are some helpful hints to help you get over your plateau:

- ◇ Review your food and activity record. Make sure you have not allowed your portions to get larger or decreased your length of activity.
- ◇ Gradually increase your daily exercise time by 15-30 minutes. If you feel comfortable, also increase your intensity.
- ◇ Focus on three to four week trends versus daily or weekly.
- ◇ Talk with your dietitian to possibly lower the calories in your meal plan.
- ◇ Reassess your program goals. If it is too much to decrease calories or increase activity, it is better to be satisfied with the weight you have already lost than to throw in the towel and regain it. If this is the case, contact our center so that we can set up a maintenance plan for you.

*“If you want something you’ve never had, then you’ve got to do something you’ve never done.”*

- Thomas Jefferson

### Set yourself up for success!

Planning ahead can save time, money and stress when it comes to meals. It can also set you up for success when it comes to weight loss and weight maintenance. See below for some tips for meal planning.

Plan multiple meals. It can save time and money to plan menus for an entire week instead of day-to-day.

Adapt your menus to the seasons. Use the freshest foods available for your meals. Swap out-of-season (probably more expensive) fruits and vegetables for in season fruits and vegetables.

Be adventurous. Try new cuisines or new ingredients. See something new at your grocery store produce section? Try it out! You can research recipes online or in cookbooks.

Plan for leftovers. Making enough food for two (or more!) meals at once saves time. You can freeze the extras for a quick microwave meal.

Look for shortcuts. Look for pre-cut vegetables and fruits.

# Medical Program

## RECIPE: Stuffed Green Peppers

(using New Direction Sloppy Joe Mix)

Submitted by Roberta N

Ingredients:

- 1 medium green pepper
- 1 package New Direction Sloppy Joe Mix (prepared according to directions)
- 1/4—1/3 cup mashed cauliflower
- 1/2 tbsp low-fat shredded cheese

Counts as:  
 1/2 of a set (Sloppy Joe)  
 1 meat exchange  
 2 vegetable exchanges

Directions:

1. Pre-heat oven to 350 degrees
  2. Cut green pepper in half lengthwise and boil for 3-4 minutes until tender-crisp
  3. Drain well
  4. Fill each half with Sloppy Joe mixture
  5. Bake 15 minutes
  6. Remove from oven
  7. Top with cheese
- Bake an additional 2-3 minutes or until cheese is melted.

### Medical Weight Management Support Group

This group is available for those currently in **ANY Medical Weight Management Phase** (reduction, balance or maintenance). The group will be held every **second Thursday** of the month from 5-6 p.m. at CentraCare Clinic—River Campus in the Medical Weight Management Classroom (Conference Room A/B, unless otherwise noted).

Date	Time	Location	Leader
Thursday, June 11	5-6 p.m.	Conference Room A/B	Denell Kruse
Thursday, July 9	5-6 p.m.	Conference Room A/B	Denell Kruse
Thursday, August 13	5-6 p.m.	Conference Room A/B	TBD
Thursday, September 10	5-6 p.m.	Conference Room A/B	TBD

### Medical Weight Management REDUCTION Support Group

This group is available for those currently in **Reduction Phase**. **This group has been cancelled after the June 11 group due to a decrease in participation.** As an alternative, you are invited to attend the monthly **Medical Weight Management Support Group**. (Dates and times listed above)

Date	Time	Location	Leader
Thursday, June 4	10:30-11:30 a.m.	Conference Room A/B	Bry Schyma
Thursday, June 11	10:30-11:30 a.m.	Conference Room A/B	Bry Schyma (JOURNEY SPEAKERS!)



# Surgical Program

## Bariatric Surgery Support Group

Date	Time	Topic	Place	Leader
Thursday, June 4	5:15-6:15p.m.	TBD	Aspen Room	Alyssa Monson, RD, LD
Thursday, July 2	5:15-6:15p.m.	TBD	Aspen Room	Rachel Haller, RN
Thursday, August 6	5:15-6:15p.m.	TBD	Aspen Room	Alyssa Monson, RD, LD
Thursday, September 3	5:15-6:15p.m.	TBD	Aspen Room	Rachel Haller, RN

**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.

### Give your daily activity a boost!

The key to keeping active is convenience. We are all busy people, but with the right planning and the tips below, physical activity can be a convenient part of your day.

#### Fitting activity into home life:

**Wake up early.** Get up 30 minutes earlier than usual. Use this time to walk on your treadmill or go for a brisk walk around your neighborhood.

**Make chores count.** Mop the floor, mow the lawn with a push mower. The key is to do these activities at a pace fast enough to increase your heart rate (and possibly work up a sweat).

**Be active while watching TV.** Use hand weights, ride a stationary bike or stretch during your favorite shows.

**Involve the whole family.** Play catch, ride your bikes or take a group walk before or after dinner.

#### Boost your activity while on the job:

**Take the stairs.** If you have a meeting on another floor, skip the elevator or get off early to walk the remaining flights.

**Make use of break time.** Rather than going to the lounge during breaks, get a group of co-workers and go for a walk.

**Utilize provided facilities.** If you travel for work, choose a hotel that has a fitness center or use your evenings to explore the city you are visiting (on foot). If you don't travel, check to see if your workplace provides discounts to certain fitness centers in the area or has one available to you.

#### **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.**