

Basics and Beyond



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SPECIAL POINTS OF INTEREST:

Orientation/
Seminar dates

Egg White
Oatmeal Recipe

Motivation for
your fitness
routine

Support Group
dates/times

INSIDE THIS ISSUE:

What's your
exercise 2
endpoint?

Medical:
5 BONUS 3
habits

Surgical:
Relapse 4
Prevention

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September Seminar/Orientation Dates

Seminar Dates

For individuals interested in
surgical and/or medical weight loss:

Thursday, October 1 —5 pm—River Campus
Monday, October 12—3 pm—River Campus
Monday, September 28—3 pm—River Campus

Services in Sauk Centre Postponed!

Check back later!

**To register, please call 320-240-2828
or visit our website at centracare.com.**

Orientation Dates

For individuals interested in
medical weight loss (non-surgical weight loss):

Thursday, October 1 —3 pm—River Campus
Monday, October 5 —12 pm—River Campus
Thursday, October 8 —3 pm—River Campus
Monday, October 12 —5pm—River Campus
Thursday, October 15 —3 pm—River Campus
Monday, October 19 —12 pm—River Campus
Thursday, October 22 —3 pm—River Campus
Monday, October 26 —12pm—River Campus
Thursday, October 29 —3 pm—River Campus

As the colder weather of Minnesota winters get closer, oatmeal may become your breakfast of choice. If so, read below to check out this Oatmeal recipe with eggs whites (yeah, protein!).

Egg White Oatmeal

1 small ripe banana (or ½ large banana)
½ cup plain oatmeal
½ cup water
¾ cup egg whites (3 egg whites)
½ tsp cinnamon (or to taste)

1. Peel and mash banana.
2. Stir banana and remaining ingredients together in a medium-size bowl, with room at the top so the oats do not over flow
3. Microwave on high for three minutes, stirring after 75 seconds and then again every 30 to 45 seconds until three minutes are up.

Enjoy this high protein twist on a breakfast favorite to keep you full until your next meal!

Nutrition Facts:

Per serving (1 serving per recipe)

Calories: 319

Protein: 26 g

Carbohydrate: 46 g

Fiber: 6 g

Fat: 3 g

Sodium: 300mg

Tip: You can add a powdered peanut butter for more protein
Or try pumpkin spice for more flavor variety!

What's your exercise endpoint?

Written by: Dustin Henkelman, Exercise Coach

The endpoint of working out is likely one, or perhaps both, of two scenarios:

- ◆ The thing made you better
- ◆ You got better at the thing

For most fitness enthusiasts, however unenthusiastic, the first one is the endpoint: *The thing made you better.*

Learn to squat, bench and dead lift....become stronger and more fit.

Improve running mechanics and mileage management....decrease pain and become more fit.

Whatever it might be, the “thing” isn’t necessarily the point. The point is the impact the “thing” had. The endpoint was the physical (or arguably, emotional or mental) change(s) that took place. **And this is all well and good. In reality, we should require it.** Get better. But, number two can and should have quite the impact.

The thing made you better. But how good did you get at the “thing”? Everyone starts in with body/physique-related goals, as well as “feel” goals, such as self-confidence and better energy levels. When a person starts training and being consistent, that’s when they will see positive changes.

My pitch is for the positive changes that come, not only from shifting your body’s health status and level of functioning, but also from improving its ability to perform.

Squat more....run more....swim more....whatever the task might be, apply the necessary metrics and track the improvement of your performance.

It might not be a linear progression, but it won’t be any progression if you don’t measure it. It might be just another means to measure your improved fitness or it might very well turn into another passionate layer of your life.

Get better at being you and get better at doing the “thing”.



“No matter how slow you go, you are still lapping everyone on the couch!”

- Anonymous

Medical Program

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, October 8	5-6 p.m.	Conference Room A/B	Angie Beck, RD, LD
Thursday, November 12	5-6 p.m.	Conference Room A/B	Kristen Bricko, RD, LD
Thursday, December 10	5-6 p.m.	Conference Room A/B	Angie Beck, RD, LD
Thursday, January 14	5-6 p.m.	Conference Room A/B	Kristen Bricko, RD, LD

Adopt 5 BONUS habits

1. Keep food records

◆ Keeping a food journal helps with mindfulness. Increased mindfulness = increased success! Your dietitian can help you more effectively when they can see your meals and portion sizes.

2. Keep activity records

◆ Very similar to keeping a food journal, an activity journal helps you to see where you have come and where you can improve. Some choose to use a fitness tracker (Fitbit, Jawbone UP band, etc.) to track their activity and set goals. If this isn't for you, write your activity in along with your food journal.

3. Move more

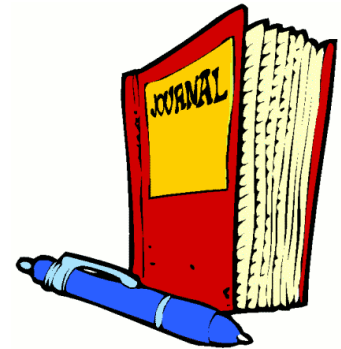
◆ The more you move, the more you burn. Try to get up to 30-60 minutes (or more) per day. This activity should be in bouts of 10 minutes or more.

4. Eat "real" food

◆ Eat mostly fresh or healthy frozen or canned foods. Limit processed foods and dining out. Processed foods and meals eaten out often have higher fat, sodium, refined carbohydrates than fresh/frozen/canned whole foods.

5. Write down your daily goals

◆ Every day write down a goal that motivates you and you can achieve during the day. Make it a **SMART** goal! (**S**pecific, **M**easurable, **A**ttainable, **R**elevant, **T**ime-oriented).



Surgical Program

Bariatric Surgery Support Group

Date	Time	Topic	Place	Leader
Thursday, October 1	5:15-6:15p.m.	TBD	Aspen Room	Alyssa Monson, RD, LD
Thursday, November 5	5:15-6:15p.m.	TBD	Aspen Room	Rachel Haller, RN
Thursday, December 3	5:15-6:15p.m.	TBD	Aspen Room	Alyssa Monson, RD, LD
Thursday, January 7	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.

Looking for some motivation to get back into your fitness routine?

Check out these upcoming events in the St. Cloud area:

- ◆ Fighting Saints Battalion 5k—October 3 in Collegeville
- ◆ Run for a Reason—October 10 in St. Cloud
- ◆ Wishbone 5K—Thanksgiving Day in St. Cloud

Relapse Prevention

Recently, a patient brought a relapse prevention plan that was filled out prior to surgery. This is intended to be used to help prevent slipping back into old habits and weight gain.

We thought we would share the questions with you, so grab some paper/your phone/a napkin and start answering them!

- ◆ Warning signs that you are falling back into old eating habits?
- ◆ Triggers in your life that make you vulnerable (Chronic stressors at work or in relationships)?
- ◆ List the people in your support network who could help you get back on track and how they could help you (i.e. work out buddy).
- ◆ What other stress management skills/coping skills do you have that you can use?
- ◆ At what point should you seek professional help to get back on track (when to return to a therapist, your dietitian or your surgeon for help)?

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.