

River Campus
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**SPECIAL
POINTS OF
INTEREST:**

Orientation/
Seminar dates

Run the Earth Day
5K

Hunger/Satiety
Scale

**INSIDE THIS
ISSUE:**

Mindful
Know-Hows 2

Medical:
Exercise Class 3

Surgical:
Protein
Pancakes 4
recipe

Basics and Beyond



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February Seminar/Orientation Dates

Seminar Dates

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

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

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

Orientation Dates

For individuals interested in
non-surgical weight loss:

Monday, February 1—12 pm—River Campus
Thursday, February 4—3 pm—River Campus
Monday, February 8—5 pm—River Campus
Monday, February 15—12 pm—River Campus
Thursday, February 18—3 pm—River Campus

NEW Online Seminar:

<http://www.centracare.com/services/weight-management/weight-management-seminar/>

Rip out your running/walking shoes and join our team for the Earth Day 5K!

Sponsored by CentraCare Health

WHEN: April 15, 2016 at 6:30 p.m.

WHERE: St. Cloud State University campus

HOW: Go to runearthday.com to register

WHO: Contact any of our coaches for more information on our team and a \$15 off promotional code (*must register through a coach to receive discount.*) Our exercise coach, Dustin and health coach, Michelle, are open to developing training schedules for any skill level.

Receive free team gear when you sign up with us!

Mindful Eating Tips

Mindful Know-Hows

- ◆ Differentiate between “physical hunger” and “emotional hunger.” Is it truly hunger or do you just feel like eating? Sometimes a glass of water is all you need.
- ◆ **Slow down.** Notice the food’s texture, taste and smell. Don’t rush through your meals.
- ◆ **Eat without distractions.** Focus on eating. Eating while watching TV or driving may distract you from the real pleasure of eating.
- ◆ **Stop eating when you are satisfied.** Stop during a meal to ask if you’re really hungry or if you’re eating out of habit.

“THE SECRET OF CHANGE IS TO FOCUS ALL OF YOUR ENERGY, NOT ON FIGHTING THE *OLD*, BUT ON BUILDING THE *NEW*.”

- SOCRATES

Hunger/Satiety Scale	
0	Empty
1	Ravenous
2	Over-hungry
3	Hunger pangs
4	Hunger awakens
5	Neutral
6	Just satisfied
7	Completely satisfied
8	Full
9	Stuffed
10	Sick

Physical hunger:
True hunger. Tend to over-eat because we’re too hungry.

Try to stay in shaded area. It will help with portion control & energy balance.

Emotional hunger:
Food cravings. Too full.

Medical Program

Weight Management Exercise Class



We offer an exercise class specifically designed for our weight management patients. Here is what you need to know in order to sign up:

1. Classes are held each Tuesday.
2. Class times will be 4 p.m. and 5 p.m.
3. Each patient needs to come 15 minutes prior to their class time to get a nurse check (weight, vitals, along with product order) before heading down to the exercise gym.
4. Exercise classes will be held in the Cardiac Rehab gym at St. Cloud Hospital.
5. Classes will last 30-35 minutes.
6. Classes are limited to 5 people for each class.
7. There is no charge for these classes if you have paid your enrollment fee.
8. Please wear tennis shoes and comfortable clothing.
9. This is a great option to get an evening appointment when personal coaching appointments are not available.
10. The **class can be what each individual is desiring**. We can use resistance training, cardiovascular training, a combination of resistance and cardio, an opportunity to try out different exercise equipment, or just a learning tool to help individuals develop a plan for at home or a different facility.

Surgical Program

Bariatric Surgery Support Group

Date	Time	Topic	Place	Leader
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
Thursday, May 5	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.

Oven-baked Pumpkin Protein Pancakes

Recipe from *Today's Dietitian*

Ingredients:

2 ripe bananas	1 Tbsp vanilla extract
1 cup pumpkin puree (not pumpkin pie filling)	4 eggs
1 Tbsp pumpkin pie spice	2 cups liquid egg whites

Nutrition Information Per Serving:

Calories-195; Protein-20g;
Carbs-19g; Total Fat-5g;
Sat. Fat-1.5g; Fiber- 4g; Sodium-269

Directions:

1. Preheat oven to 375° F.
2. Mix together bananas, pumpkin, pumpkin pie spice and vanilla extract. (You can use an electric hand mixer to get the job done)
3. Whisk together with eggs and egg whites.
4. Spray two 8x8 inch pans (or one 9x13 inch pan should suffice) with cooking oil.
5. Using a measuring cup or scoop of some sort, divide mixture evenly among pans. If you're using two pans, it's important to go back and forth between each one. (The pumpkin/banana may hang out at the bottom so you don't want all eggs in one pan and pumpkin in the other.) To avoid dividing the mixture, use one large pan.
6. Bake at 375° F until pancakes are fully set, about 30 minutes.
7. To crisp up the top like a traditional pancake, broil on low for 4 to 6 minutes.
8. Let stand 10 minutes before serving.

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.