

Basics and Beyond



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SPECIAL POINTS OF INTEREST:

Orientation/
Seminar dates

Fitness Trends

Manage Food
Triggers

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AUGUST 2016

August Seminar/Orientation Dates

Seminar Dates

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

Monday, August 22 —3 pm—River Campus

Orientation Dates

For individuals interested in
non-surgical weight loss:

Thursday, August 4 —3 pm—River Campus
Thursday, August 18 —3 pm—River Campus

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

Online Seminar:

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

Want More?

Is our monthly newsletter just not enough? Well you are in luck!

We have been working hard on our Weight Management Blog and our Weight Management Pinterest board to stay connected with YOU!

To find our blog articles, click [here](#). Scroll to the bottom of the page and you will see a listing of our most current blog articles written by us!

To get to our Pinterest board, click [here](#). Or simply search CentraCare Health on Pinterest and find the Weight Management board.

SAVE THE DATE!

CentraCare Weight Management Runway to Health Fashion Show

When: Oct. 1, 2016

Time: 4-5:30 pm

Who: Surgical and non-surgical weight loss patients and supporters

Interested in being a model for the show?

Please write a short essay (1 page or less) describing how weight loss has changed your life and give it to any Weight Management Center staff member (or send to your dietitian via MyChart). If giving us a paper copy, please place it in envelope with your name and "fashion show" written on the front.

Deadline for submissions has been EXTENDED to August 5. We will notify chosen models by August 19.

Fitness Trends and What are They?

TRX:

What is it?

Also known as **T**otal **R**esistance **eX**ercise. It originated in the Navy SEALs and was designed to develop strength, balance, flexibility and core stability all at the same time by using a suspension system.

What do you need?

It requires the use of a suspension trainer. This is a system that can be attached to the ceiling or a closed door, allowing the user to take advantage of gravity and his or her body weight to complete the exercise.

Why do it?

TRX helps to develop strength, balance, flexibility and core stability all in one session. The equipment is also very portable (depending on the system you get), so it is a great on-the-go work out. It can be a great work out for any fitness level and meet all your needs. Whether your goal is to rehab an injury, gain muscle, or improve athletic performance, TRX can help you with it all.

Barre:

What is it?

Barre is type of fitness class (or at home exercise), that combines Pilates, yoga, and ballet. Barre utilizes a barre (ballet barre) as a prop to balance while doing exercises. Most classes incorporate isometric training (holding your body in certain positions to strengthen muscles) and many repetitions of small range-of-motion movements. Your class may also incorporate some hand weights and core exercise on a mat.

What do you need?

A Barre, yoga mat and any other equipment your class or routine calls for.

Why do it?

Barre improves posture, helps tone muscles, increases flexibility and reduces stress. Barre is great because it combines strength training and cardio while also improving with coordination and balance.

**"If it doesn't
challenge
you, it won't
change you."**

- Fred Devito

Upcoming Fitness Events

Granite Man Triathlon
Big Lake Triathlon
Aug. 7, 2016



Mudman
Kimball, MN
August 20, 2016

Color Vibe 5K
Sauk Rapids, MN
Sept. 17, 2016



Medical Program

Eating Patterns Part III: Retrain Your Brain: How to Manage Your Food Triggers

So, we've spent the last two months talking about food triggers and comfort foods. Now that we have the knowledge, how do we change our behaviors around food? Check out the tips below to get started.

- ◆ **Learn your food patterns.** Do not judge whether your pattern is good or bad, just simple awareness is what we need to begin. Keeping a food journal can be helpful in learning what your patterns are.
- ◆ **Decide if the habit/pattern is serving you.** You wouldn't begin a new habit unless it served you in some way, right? But sometimes we didn't consciously decide that the pattern was good for us, it may have just become a habit.
- ◆ **Make a plan.** Now that we know what your patterns are and how they serve you, we can create a game plan. How are you going to intervene? Come up with a few different ideas and write them down – make sure they do not include food (not even low calorie foods!).
- ◆ **Continue to evaluate.** What replacement strategy did you use? Did it work? If it didn't, why not? What is something you can do next time? We evolve overtime. Our challenges can be different day to day. Constant vigilance is key until those replacement strategies become your new habits.

Non-Surgical Weekly Class

Open to all patients currently in Reduction, Balance or Maintenance.

Class is held on:

Mondays at 7 am

Tuesdays at 5:15 pm

Thursdays at 4 pm

Fridays at 12 pm

Weekly class topics this month:

Week of:	Topic
Aug. 1-5	Goal Setting
Aug. 8-12	Redefining Healthy
Aug. 15-19	Mindset Change
Aug. 22-26	Healthy Relationships

If you would like to attend class, get scheduled by calling our office at 320-240-2828.

Surgical Program

Surgical Support Group

Date	Time	Topic	Place	Leader
Thursday, Aug. 4	5:15-6:15p.m.	Midsota Plastic Surgeon Guest Speaker	Aspen Room	Kristen Bricko, RD, LD
Thursday, Sept. 1	5:15-6:15p.m.	TBD	Aspen Room	Lezli Tuttle, LSW
Thursday, Oct. 6	5:15-6:15p.m.	TBD	Aspen Room	Alyssa Monson, RD, LD
Thursday, Nov. 3	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 Riverside conference center. Please enter the hospital through the **North Entrance**, go towards the **Lakes Elevator** and **follow the signs reading "Weight Loss Surgery Support Group"** to the meeting room.

Suggestions for Support Group Topics?

Let the leader know at any of the support groups and we will do our best to accommodate!

Food for Thought

In my search for ideas for this newsletter (and our new Pinterest board- see page one!!), I saw this quote and needed to share it. This completely encompasses what I (and my coworkers) work on with you every day: Getting to the bottom of why we eat.

"If hunger is not the problem, then eating is not the solution." ~Unknown

It is so important to understand why we eat. We need to make sure to use food to nourish our body, not fill voids or deal with emotions (mental hunger). We have to get to the bottom of the reasons we eat so that we can better understand how we use food. Is it to simply nourish or do we use it when we've had a hard day or we are bored? If the answer is anything but to nourish the body, we need to find a replacement strategy; something else to do that doesn't involve food (hobby, exercise, reading etc.). Sometimes cravings can be stubborn, don't feel bad if you need to try out many different replacements to get through one craving.

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.