



Volume 11 Issue 12

December 2016

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MONTHLY MOTIVATION:

"Success is never certain.
Failure is never final."
~Robert Schuller

SEMINAR SCHEDULE

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

- 5 p.m. Monday, Dec. 12, CentraCare Clinic – River Campus, St. Cloud

View the online seminar at www.centracare.com/services/weight-management/weight-management-seminar

ORIENTATION SCHEDULE

For individuals interested in non-surgical weight loss

- 3 p.m. Thursday, Dec. 1, CentraCare Clinic – River Campus, St. Cloud
- 3 p.m. Thursday, Dec. 15, CentraCare Clinic – River Campus, St. Cloud

NON-SURGICAL WEEKLY CLASS SCHEDULE:

- Mondays: 7-7:30 a.m.
- Tuesdays: 5:15-5:45 p.m. (First Tuesday of every month, the YMCA leads an active class to include some type of stretching, resistance bands, etc.)
- Thursdays: 4-4:30 p.m.
- Fridays: 12-12:30 p.m.

Note: Weighing in, ordering product and payment will take place PRIOR to the start of class. Due to this, please arrive 15 minutes prior to class start time.

Weekly Class Topics

- Nov. 29 to Dec. 2: Boosting Your Immune System with Food
- Dec. 5-9: Winter Exercise
- Dec. 12-16: Muffin Tin Meals
- Dec. 19-23: Breaking Through Evening Snacking
- Dec. 26-30: Preparing for the New Year



Scroll to the bottom of the Weight Management page to see a listing of our most current blog articles written by us.



Check out the Weight Management board on CentraCare Health Pinterest page.

Weighing in, ordering product and payment will take place PRIOR to the start of class. Due to this, please arrive 15 minutes prior to class start time.

SURGICAL SUPPORT GROUP:

- Thursday, Dec. 1, **Cancelled**
- Thursday, Jan. 5, 5:15-6:15 p.m., Aspen Room, St. Cloud Hospital, with Alyssa Monson, RD, LD
- Thursday, Feb. 2, 5:15-6:15 p.m., Aspen Room, St. Cloud Hospital, with Alyssa Monson, RD, LD

Directions to Support Group: Surgical Support Group is held at the Saint 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!

Want to connect with 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 you 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.

UPCOMING FITNESS EVENTS

- Saturday, Dec. 3, Snowflake Shuffle, College of Saint Benedict, St. Joseph: www.snowflakeshuffle.com/
- Saturday, Dec. 17, Ugly Sweater 5K and 10K, Minneapolis: www.theuglysweaterrun.com

ONLINE PRODUCT ORDERING

If you are interested in ordering your product online prior to your visit, discuss how to get started with your coach at your next coaching visit! You must attend your visit for the week to pick up your products.

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. To get over your plateau, read below for some helpful hints:



- Review your food and activity record. Make sure you have not allowed your portions to get larger or decreased your exercise.
- Gradually increase your daily exercise time by 15-30 minutes. If you feel comfortable, also increase intensity.
- Focus on three to four week trends versus daily or weekly.
- Reassess your 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 (or new healthier habits you have made) than to throw in the towel and lose the progress you have made.

5 ITEMS FOR YOUR WISH LIST FOR A MORE ACTIVE HOLIDAY SEASON

In Minnesota, going out of the house can be downright painful during the cold winter months. Add these items to your wish list for your own mini home gym!

1. **Resistance bands:** Resistance bands allow to complete a variety of exercises for all muscle groups. Get a few different resistances to allow you to combine them to get your perfect level.
2. **Stability ball:** A stability ball can be used for a variety of exercises. You can also use it as a chair to keep your core active while working or relaxing. Make sure to get a size that is appropriate for your height.
3. **Fitness tracker:** There are quite a few different options to choose from. Make sure to do your research to find one that will fit your exercise routine the best. Many include nutrition tracking platforms and a way to connect with your friends. You can challenge each other to be more active.
4. **Exercise/yoga mat:** Yoga mats allow you to do a variety of exercises while protecting your skin from floor burns or bruises.
5. **Medicine ball:** Medicine balls allow you to add more resistance to a variety of exercises. Make sure to get a weight that adds some resistance. But it shouldn't be so heavy that it causes bad form.



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