



CENTRA CARE Weight Management

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MONTHLY MOTIVATION:

"I can. I will. I am able" -
Unknown

SEMINAR SCHEDULE

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

- 5 p.m. Monday, Jan. 9, CentraCare Clinic – River Campus, St. Cloud
- NEW!** • 5 p.m. Wednesday Jan. 11 CentraCare Paynesville -Paynesville MN
- 3 p.m. Monday, Jan. 23, 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, Jan. 5, CentraCare Clinic – River Campus, St. Cloud
- 3 p.m. Thursday, Jan. 19, 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: If attending class – please call ahead to schedule or let your coach know at your next visit.

Weekly Class Topics

Jan 2-6	Myth Busters 1-Tues, January 2nd – YMCA Active Class
Jan 9-13	Maintaining Lifestyle Changes
Jan 16-20	Mindful Eating
Jan 23-27	Dining Out
Jan 30-Feb 3	Valentine's Day



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, 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
- Thursday, March 2, 5:15-6:15p.m., Aspen Room, St. Cloud Hospital, with Lezli Tuttle, LSW
- Thursday, April 6, 5:15-6:15p.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.

JOIN OUR TEAM!

Want to join our Weight Management team for the Earth Day Run? Ask your coach, dietitian, nurse or provider for more info and a promo code for \$15 off your fee for any race.

Visit runearthday.com to register and more information.



NEW FORMAT!

You may have noticed some differences with our newsletter the past couple months.

You might be wondering why we changed things. Just like our program, our newsletter needs to be up to date and cutting edge. You will notice we have refreshed our look to match our updated program materials. We hope you enjoy the new format!

UPCOMING FITNESS EVENTS

- Jan. 1st Commitment Day, Variety of cities in MN: www.commitmentday.com/minnesota/
- April 21st & 22nd, CentraCare Health Earth Day Run, St Cloud, MN: runearthday.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.



SLOW COOKER CHICKEN FAJITA SOUP

INGREDIENTS

- 1 ½ lb. Chicken Breast
- 32 oz. Chicken Stock
- 14.5 oz. Can Diced Tomatoes
- 1 Medium Yellow Bell Pepper – Diced
- 1 Medium Orange Bell Pepper – Diced
- 1 Medium Onion – Diced
- 6 oz. Mushrooms – Thinly Sliced
- 4 Large Cloves Garlic – Minced
- 4 Tbs. Taco Seasoning
- 2 Tbs. Fresh Cilantro – Chopped
- 1 Tbs. Garlic Salt



DIRECTIONS

Heat slow cooker on low setting.

Add all ingredients to slow cooker, cover and cook on low for 6 hours.

Using two forks, shred the chicken breasts. They should come apart very easily. Cover and cook 1 additional hour.

Makes Servings: 14

1 Serving: 1 cup

Calories	Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Protein (g)
128	4	41	419	7	1	19

Exchanges Per Serving

Starch	Protein	Vegetable	Fruit	Dairy	Fat
0	3	1	0	0	1

KEEP YOUR FITNESS EQUIPMENT FROM COLLECTING DUST

So, you asked and received (or in my case, treated yourself to some new fitness gear). YAY! Last month we added some items to your wish list. Now what? Keep reading for ways to incorporate those items into your current activity routine.

1. Resistance bands
 - a. Resistance bands are a versatile piece of equipment. You can use them for any exercise you would do with dumbbells or add resistance to body weight exercises. For example, stand on the center of a resistance band of your choice hold one end in each hand (it should be stretched somewhat) and bend at your knees and hips keeping your knees behind or in line with your toes (squat position) and return to standing. The resistance band will add more resistance on the upward motion of your movement.
 - b. You can also keep this same band position and do bicep curls, arm raises, calf raises and shoulder press.
2. Stability ball
 - a. Add a new level to your core work out and do parts of your core routine on the ball. For example: crunches and back extensions (super mans).
 - b. To work hamstrings (back of your upper legs)-lay on the floor and place heels on the stability ball. Flex knees and pull your heels towards your body (the ball should roll with you and your toes will end up touching the stability ball).
 - c. Use your Stability ball as a chair.
3. Fitness tracker
 - a. Depending on the option you chose, set step goals or calorie burning goals and work to reach them each day. If your tracker allows, set up a challenge to get your friends/family involved in a fitness challenge to help keep active during the winter season.
 - b. Many allow you to set reminders to get activity in or stand up if you have been sedentary for a certain amount of time.
4. Exercise/Yoga mat
 - a. Use your mat to add cushion during yoga, Pilates, stretching, and core routines. You may also use it to add grip to a slippery floor.
5. Medicine ball
 - a. Use your medicine ball to add resistance to crunches and other core exercises and body weight exercise. For added challenge hold the medicine ball with arms extended while doing squats/lunges to work your arms and legs at the same time.

REFRESH YOUR FITNESS ROUTINE

Getting bored with your gym? Check out these area gyms with a variety of class offerings and training.

- Revolver Studios
 - Revolver studios offers a variety of classes including burlesque, jazz, hip hop, Gogo and hula hoop dance classes as well as Pilates, belly dance, boot camp, and Yoga
 - Check out more info at: <http://www.revolverstudiosmn.com/>
- Peak Physique
 - Peak Physique vets their members meaning it is a very serious and intimate group to promote community and accountability.
 - Check out more info at: <https://www.peakphysiquemn.com/>
- Caryn's Studio
 - Caryn's studio offers a variety of programs including Barre, Flex and stretch, TRX and Zumba.
 - Check out more info at: <http://carynsstudio.com/>
- Orange Theory Fitness
 - Orange Theory Fitness uses targeted heart monitored training to stimulate metabolism and increase energy with coach support.
 - Check out more info at: <http://st-cloud.orangetheoryfitness.com/>



Contact Us

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