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MONTHLY MOTIVATION:

"You will never change your life until you change something you do daily."

-Mike Murdock

SEMINAR SCHEDULE

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

- 5 p.m. Monday, Dec. 11, CentraCare Clinic – River Campus, St. Cloud
- 5 p.m. Thursday, Dec. 21, Lifestyle Health

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

ORIENTATION SCHEDULE

For individuals interested in non-surgical weight loss:

4 p.m. Thursday, Dec. 7, 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

- Nov 27-Dec 1 Muffin Tin Meals
- Dec 4-8 Winter Exercise (Active Class December 5)
- Dec 11-15 Breaking Through Evening Snacking
- Dec 18-22 Stimulus Management
- Dec 25-29 Goal Setting (NO CLASS MON. DEC 25th)

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.



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 the CentraCare Health Pinterest page.



Like Lifestyle Health on Facebook.

SURGICAL SUPPORT GROUP:

- Thursday, December 7, 5:15-6:15p.m., YMCA Conference Room A/B, with Alyssa Monson, RD, LD
- Thursday, January 4, 5:15-6:15p.m., YMCA Conference Room A/B, with Alyssa Monson, RD, LD
- Thursday, February 1, 5:15-6:15p.m., YMCA Conference Room A/B, with Alyssa Monson, RD, LD
- Thursday, March 1, 5:15-6:15p.m., YMCA Conference Room A/B, with Alyssa Monson, RD, LD

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 Support Group Speakers:

- Check back later for speakers!

LIKE LIFESTYLE HEALTH ON FACEBOOK!

Lifestyle Health is now on Facebook. Like their page to get updates on Weight Management services as well as all the services at Lifestyle Health. Keep an eye out for our blogs, recipes, staff introductions, store sales, and upcoming Lifestyle Health and Weight Management events.



UPCOMING FITNESS EVENTS

- December 2, Snowflake Shuffle 5k, St Cloud, <http://www.snowflakeshuffle.com/>
- December 9, Santa Fun Run, Pierz, MN, <http://www.holytrinitypierz.org/>



REGROUPING AFTER SETBACKS

Feeling a little discouraged? Want to give up? Any lifestyle change comes along with some of these feelings at one point or another. Check out these tips to help regroup after you have a setback.

1. Look back at the progress you have made so far. Find an old 'before' photo or a journal you kept. Or think back, how has my life changed for the better since last year at this time.
2. Sit down and talk with someone who motivates you.
3. Had a bad day? Forgive yourself, and move on. Learn from it and develop a strategy to help you out next time.
4. Immerse yourself in something you love. Feel at ease while knitting or fishing? Do it. These can also be great alternatives to activities that are causing the setback.
5. Move your body. Not to burn calories, but for the purpose of improving your mood. Take a walk around our neighborhood or have a dance party in your kitchen.
6. What is going well for you? Have you already lost half the weight you set out to lose? Do you move more? Do you choose foods that help you achieve your goal most often? Focus on these during times of frustration.
7. Find perspective. Help someone in need by volunteering your time.
8. Get back to your roots. What inspires you? Post your favorite quotes, songs or poems around your space.
9. Laughter is always the best medicine. Put on your favorite comedy to get your mind off the day.
10. Look into the future. What will life be like when you reach your goal? How do you feel, what will you be doing?

REASONS TO EXERCISE AROUND THE HOLIDAYS

Whatever you do, DON'T stop exercising now with the intention of picking it back up at a later time! Maintaining the momentum of your regular exercise routine is much easier than trying to re-establish it again at a later date. In addition, de-training does occur quite rapidly and it's always better to shift to maintenance workouts than to stop altogether and lose some of the benefits that you've worked so hard to gain.

Although it's tempting to throw exercise by the wayside, especially when the holidays place even more demands on already hectic schedules, continue to make it a priority. Exercise can be a valuable tool to fight the difficulties of the coming season. Check out some of the benefits:

Holiday Weight Gain

Research has shown that the holidays are a high-risk time for gaining weight. Two primary ways in which exercise can combat this risk is by 1) expending calories and contributing to a negative caloric balance, and 2) maintaining muscle mass and thereby sustaining metabolic rate.

Holiday Stress

The holiday season, although typically joyous, does bring stress along with it ... added shopping, increased food preparation, house guests and frequent visitors, financial stress, more demands on our time, and simply a change in schedule all amount to increased stress. Change, whether it is good or bad, equates to stress. Exercise reduces stress by releasing "feel good" endorphins. In addition, it provides an outlet to release built-up stress that, if left to its own accord, can often lead to overeating.

Seasonal Depression

As we approach the winter solstice, the season chips away at our daylight hours. For many people, this can lead to varying degrees of seasonal depression. Although exercise can't make the days longer, it can reduce depressive symptoms and elevate mood. Performing an outdoor workout at the noon hour provides additional benefits by increasing sunlight exposure.

Exercise Provides Structure

A primary benefit of maintaining your exercise routine is the addition of structure to your day. One of the main culprits associated with stress, depression, and weight gain is a reduction in structure within our daily routines. By maintaining your regular exercise routine in the face of the upcoming demands, you are providing stability and comfort to yourself. Daily routines help us stay on track with our food intake, stabilize our circadian rhythms, aid in maintenance of sleep schedules, and provide a stable backdrop to our day -- thereby offering a framework in which we can prioritize the demands put upon us.

In the hectic days ahead, don't forget to give yourself the gift of exercise!



- 8 medium sweet potatoes (10-12 ounces each)
- 1 tablespoon canola or sunflower oil
- ½ cup finely grated Parmesan cheese, divided
- ⅓ cup sour cream
- 2 tablespoons pure maple syrup
- 1 teaspoon salt
- ½ teaspoon ground pepper
- ½ teaspoon freshly grated or ground nutmeg

1. Preheat oven to 400°F. Line a large rimmed baking sheet with parchment paper.
2. Prick sweet potatoes in 3 to 4 spots with a fork. Rub with oil and place on the prepared baking sheet. Roast until tender, 45 minutes to 1 hour.
3. Let stand until cool enough to handle. Increase oven temperature to 450 degrees. Slice each sweet potato in half horizontally and scoop the flesh into a large bowl, leaving a generous ¼-inch border in the skins.
4. Place 12 of the skins back on the baking sheet. (Discard the remaining 4 skins.)
5. Add ¼ cup cheese, sour cream, syrup, salt, pepper and nutmeg to the sweet potato flesh and mash with a potato masher until smooth.
6. Divide the filling among the skins. Top each with a little of the remaining cheese.
7. Bake until the filling is bubbling, 20 to 25 minutes.

To make ahead: Prepare through Step 5 and refrigerate for up to 4 hours; let stand at room temperature while the oven preheats.

Serves 12

Nutrition per serving:

Calories	Carbohydrate (g)	Fiber (g)	Protein (g)	Fat (g)	Saturated Fat (g)	Sodium (mg)
121	17	3	3	4	2	282

Exchanges per serving:

Starch	Meat/Egg/Cheese	Vegetable	Fruit	Dairy	Fat
1	0	0	0	0	1



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