



Volume 13 Issue 4

April 2018

Editor: Alyssa Monson RD LD

IN THIS ISSUE

- Like us on Facebook - pg. 3
- Upcoming Fitness Events - pg. 2
- Cutting Processed Foods - pg. 3
- Run Earth Day with Us! - pg. 3
- Almond Butter & Banana Sandwich -pg. 4

MONTHLY MOTIVATION:

"Never be afraid to do something new. Remember, amateurs built the ark; professionals built the Titanic."

-Anonymous

SEMINAR SCHEDULE

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

- 5 p.m. Monday, Apr. 9, CentraCare Clinic – River Campus, St. Cloud
- 5 p.m. Thursday, Apr. 19, Lifestyle Health
- 3 p.m. Monday, Apr. 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:

4 p.m. Thursday, Apr. 5, 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.
- Thursdays: 7-7:30 p.m.-MALES ONLY- Led by Dustin H.
- 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

- April 2-6 Spring Cleaning-April 3-YMCA active class
- April 9-13 Life After Weight Loss
- April 16-20 Quick and Easy Meals **Fri, April 21 – Earth Day 5k***
*Ask for our promo code to join our team and get some free swag!
- April 23-27 Behavior Chain
- April 30-May 4 Finding Inspiration

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, April 5, 5:15-6:15 p.m., YMCA Conference Room A/B, with Briana Traut, RD, LD
- Thursday, May 3, 5:15-6:15 p.m., YMCA Conference Room A/B, with Lynn Schoenberg, RD, LD
- Thursday, June 7, 5:15-6:15 p.m., YMCA Conference Room A/B, with Briana Traut, RD, LD
- Thursday, July 5, 5:15-6:15 p.m., YMCA Conference Room A/B, with Briana Traut, 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

- April 20th and 21st, St. Cloud, MN <http://runearthday.com/races/5k/>
- April 21st, Trail Mix Race, Rockford, MN, <https://www.threeriversparks.org/trailmix>
- April 28th, Let the Sun Shine Run, Cold Spring, MN, <http://letthesunshinerun.com/home/>
- April 28th, Run for Recovery, St. Cloud, MN, <https://www.signmeup.com/site/online-event-registration/123050/>



WHAT DOES THE PLYOMETRIC ADVANTAGE MEAN?

Dustin Henkelman, Exercise Coach
CentraCare Weight Management/Lifestyle Health

Plyometrics are a popular training technique used by many athletic coaches. It is not new by any means — in fact it's been around for many years. Plyometrics is essentially any training that allows an individual to take advantage of the "stretch-shorten" cycle to produce an explosive movement. I, myself, define it as a bridge to the gap between sheer strength and power. I will explain this later on.

Let me start by explaining the "stretch-shorten" cycle mentioned above. The stretch reflex causes a muscle to contract when it is stretched and inhibits the antagonist muscle from contracting (think of the doctor using the mallet to test your reflexes).

When a muscle stretches, it results in the activation of the sensory spindle receptors in the muscle. The spindle receptors lie within the body of the muscle. They are not only sensitive to the muscle being stretched, but also the speed at which it is being stretched. From there, the message is sent to the spinal cord via a synaptic junction which causes the motor horn cells in the spinal cord to act on the information.

To protect the muscle from being over-stretched, the motor horn cells react by contracting the muscle that is being stretched and inhibiting the contraction of the antagonist muscle. In other words, we can train our "muscles" to react to the eccentric phase by using the antagonist (opposing) to start the concentric phase. The concentric contraction must take place immediately after being stretched or the tension created dissipates as heat.

The easiest "everyday" example would be bending down before jumping which allows the quadriceps to be stretched eccentrically so that the following concentric contraction will be stronger. Studies have shown that the faster a muscle is stretched eccentrically, the greater the force will be on the following concentric contraction. This is the principle in which plyometric training was designed.

So why would I define all of this as the bridge between sheer strength and power? Think about how many injuries you've heard about in the past year that were "non-contact." Why do you suppose there are so many "non-contact" injuries that are so serious these days? Here's my suggestion. Today's athletes have the knowledge and strength training regimens, along with equipment to build muscle strength in a much faster manner than previous generations.

As muscles get stronger, what happens to the supporting muscles and tendons and ligaments? My philosophy is that they don't keep up with the sheer muscle strength and that is what leads to many of the injuries we see currently. Plyometrics works on the "natural reflex" that can help avoid such injuries. They also work on lateral movements and strengthening many of the "smaller" stabilizing muscles.

Check out our sports performance packages at Lifestyle Health that use this principle to train athletes.

RUN (OR WALK) EARTH DAY WITH US!

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.





Grilled Peach and Mozzarella Salad

Ingredients

- 3/4 cup balsamic vinegar
- 2 sprigs fresh thyme
- salt and ground black pepper
- 2 firm-ripe peaches (12 oz. total), halved and pitted
- 4-1/2 tsp. extra-virgin olive oil
- 4 cups lightly packed baby arugula (about 2-1/4 oz.)
- 1 ball mozzarella (5 to 7 oz.), cut into 3/4-inch chunks (about 1 cup)

Directions

1. Prepare a medium gas or charcoal grill fire.
2. Combine the vinegar and thyme in a 2-quart saucepan and bring to a boil over medium heat. Reduce the heat to a simmer and cook until the mixture is thick, syrupy, and reduced to 1/4 cup, 6 to 9 minutes.
3. Remove from the heat, discard the thyme sprigs, and season with a pinch of salt and a few grinds of black pepper.
4. Rub the peaches all over with 2 tsp. of the oil and season lightly with salt and pepper. Grill cut side down until lightly charred, 3 to 4 minutes.
5. Transfer to a cutting board and let cool slightly. Slice each half into thirds.
6. In a medium bowl, toss the arugula with the remaining 2-1/2 tsp. oil and season to taste with salt and pepper.
7. Arrange on a platter. Top with the buffalo mozzarella and peaches and drizzle with about 2 Tbs. of the reduced balsamic, adding more to taste.
8. Season to taste with salt and pepper and serve.

Serves: 4

Nutrition per serving:

Calories	Carbohydrate (g)	Fiber (g)	Protein (g)	Fat (g)	Saturated Fat (g)	Sodium (mg)
187	18	2	9	9	4	295

Exchanges per serving:

Starch	Meat/Egg/Cheese	Vegetable	Fruit	Dairy	Fat
1	0	4	0	0	2



Contact Us

CentraCare Weight Management

1200 Sixth Avenue North

St. Cloud, MN 56303

320-240-2828

Email us: cchweightmanagement@centracare.com
www.centracare.com/services/weight-management/