

# Y W Weight?

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WINTER 2013



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# Seize the chance to move this winter, fun outdoor opportunities await you all year



By Missy Lindow, PTA, Lifestyle Counselor

“Your commitment to exercise is essential to successful weight management.”

The winter months are here bringing unique challenges to your exercise routine. As days get shorter and snowdrifts higher, many struggle with the urge to hibernate.

Winter is actually my favorite exercise season, and I have compiled a list of things that I thought might help you enjoy or perhaps tolerate winter, too!

## Bundle Up and Enjoy the Outdoors

Winter brings exciting exercise opportunities; don't be afraid to try something new. Snowshoeing, cross-country skiing, or ice skating are great forms of exercise.

## Embrace Your Inner-Child

Go sledding and hike back up the hill. Build a snowman. Have a snowball fight.

Although you might not think of these activities as traditional exercise they can help make a happier, healthier you.

## Invest in Cold-Weather Gear

A headlamp can provide increased hours of daylight, appropriate clothing keeps you warm on the coldest winter day, and footwear accessories can keep you safe on slippery terrain.

Our staff at St. Joseph's Center for Weight Management is willing to share our winter must haves with you. Please don't hesitate to ask.

## Explore Structured Exercise

Many communities have exercise classes. Why not try something new?

Dance class, Zumba, Pilates, water aerobics, spinning, martial arts, and yoga have been the favorites of many of our patients.

You might be able to try the first class for



free. What are you waiting for?

## Indoor Exercise

For many, the cold makes you want to stay inside. Fair enough. Then create an exercise plan that works for you. There are many options inside the warmth of your home. From circuit training to workout videos, we can help you find something that works for you!

## Limit Screen Time

We preach this to children all the time, but the same rule applies to adults. The Mayo Clinic suggests we enjoy as many minutes of screen time as we have exercised. Take advantage of commercial breaks or consider exercising during your favorite program.

Your commitment to exercise is essential to successful weight management. I can help you problem solve your individual exercise situations. Please contact me via email at [missylindow@catholichealth.net](mailto:missylindow@catholichealth.net) or call (218) 237-5757.



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Essentia Health

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We want to hear from you...

*Y Weight* invites you to submit articles, questions, stories, your personal profile or any information you feel would benefit other gastric patients, to Arlys Hess, Social Worker, at 218-237-5588. Address correspondence to her at St. Joseph's Area Health Services, 600 Pleasant Ave., Park Rapids, MN 56470 or e-mail: [arlyshess@catholichealth.net](mailto:arlyshess@catholichealth.net)

Only one mailing is sent per household. If you would like additional copies, please specify. If you choose to no longer receive this newsletter, please call 218-237-5588 or 1-800-566-3311 ext. 5588 & ask to have your name removed from the mailing list. Drop us a line if you have a change of address you would like us to know about. Thank you.

# 'ReThink, ReLEARN' your usual thoughts, habits

As you may have heard, St Joseph's Center for Weight Management has started a new program called "ReThink, ReLEARN."

Some participants have had a weight-loss procedure, but *all* participants are interested in getting the help they need to get back on track with their weight and stress management.

## Stress

Stress is defined as a "state of readiness, a way for us to rise to an occasion and prepare us to do our best." (*Mastering Stress: A Lifestyle Approach* by David Barlow et al)

Everyone experiences stress.

We all have normal physical and mental reactions to stress.

However, stress becomes harmful when it impedes us from enjoying life. Many people in the face of high stress, find themselves on auto pilot. Without thinking, they subconsciously cope by eating candy or less healthy food or by skipping their workout. Without even realizing it, they condemn themselves with: "I blew it, I have no willpower." Ultimately that increases their stress.

Every event that goes on in your life runs through your belief system and ends up as a response or reaction.

## Becoming aware

Have you ever heard this saying? Stressed is desserts spelled backward.

True, it's clever, but not productive.

Before you reach for the cookies or ice cream when



your stress levels get high, take a minute to think constructively about how best to manage your stress triggers.

When your to do list becomes four pages long, your child is sick -- yet again, or there are 10 bills left to pay... stop!

Ask yourself: Is this a rational or an irrational thought?

Becoming aware of your thought process or habits is a first step towards being conscious of our stress triggers. In doing so, you will be better equipped and able to manage a healthier path towards coping and ultimately be more calm and relaxed.

Rational thoughts are based on facts.

Yes, it is rational to think your credit score will suffer if you don't pay your bills, but often it is irrational to think that you need to get your to do list done in one day. Nor is it rational to think that your weight-loss journey is over because you ate a bag of Fritos.

Be aware that some of your beliefs and reactions may lead to your feelings of stress, while physical activity and balanced nutrition are proven behaviors to help you respond and reduce stress.

## Control what you are able

When you take a few minutes to plan a grocery list, menus for the week, and bring a protein snack to work, you become proactive in a healthier lifestyle; a basic principle of mastering stress.

Obviously, some things are out of your control.

Once you accept this and challenge your beliefs (such as thinking that you "have to be perfect" with your eating or that you "have to get it all done in one day"), you tend to feel less stressed and more conscious about your beliefs.

Ultimately when you challenge irrational thoughts, you will be better equipped to choose more healthful behaviors that reduce stress for the next days to come.

Once you gradually shape attitudes about challenges that arise in life, you can then become more responsible for your own stress management and lead a more balanced, healthful, and enjoyable lifestyle.

We welcome you to join the "Rethink, ReLEARN" program here as well!

Even if you aren't interested in a group class, today is always a good time to re-think and make a fresh start towards healthier living and reaching a healthier weight for life.



**By Jennifer Skoog, RD, LD, CDE**

"When you challenge irrational thoughts, you will be better equipped to choose more healthful behaviors that reduce stress for the next days to come."

## St. Joseph's Area Health Services CENTER FOR WEIGHT MANAGEMENT

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## Calendar of events

### Y Weight? Support Group

Y Weight? support meetings are held at 4:30 p.m. on the 2nd Thursday of the month in St. Joseph's Lower Level Conference Rooms (LLCR) B & C. Please note there will only be one meeting per month effective in January.

### ReThink, ReLEARN

Join ReThink, ReLEARN if you struggle to maintain healthy lifestyle changes. Start any time. This group is for those who have been LEARN participants or have had weight-loss surgery. Call 218-255-3051 or 218-237-5705 to join. Cost can be billed to insurance, plus a \$50 materials fee.

### Know anyone interested in weight-loss surgery?

**Jan. 14, March 18, May 20:** Free, weight-loss info session in **Fargo, ND**, from 6-8 p.m. Mondays at the Ramada Plaza Suites. Call Stacey at 218-732-2837 to register.

**Jan. 22:** Free, weight-loss info session **Little Falls** from 6-8 p.m. Monday at the Initiative Foundation Community Room. Call Stacey at 218-732-2837 to register.

### Save the Date

Our next Weekend in the Pines retreat will be held Oct. 4-5, 2013. Mark your calendars now.

## Support and follow-up care are vital to long-term weight management success

As a participant in St. Joseph's Center for Weight Management program, you have no doubt heard conversation about the importance of being involved in a surgical weight-loss support group.

It doesn't matter if it's an online group, a group that meets at the local library once a month or a group of friends getting together to chat. Positive interaction with others on a consistent basis is important for long-term success.

Research into peer support groups shows that group participants:

- 1) Feel less isolated and alone on their journey.
- 2) Have access to relevant information and literature.
- 3) Are able to share experiences with others who have "been there."
- 4) Feel empowered to take an active role in one's own health and well being.
- 5) Experience increased self esteem and self confidence.

- 6) Are provided opportunities to develop new skills.
- 7) Expand their social circle.
- 8) Have opportunities to give and receive help.
- 9) Learn new, practical ways of dealing with problems.
- 10) Gain inspiration and support from others' experiences.
- 11) Are held accountable for positive as well as negative behaviors.

Let us know how we can help you get connected with others who are on the surgical weight-loss journey.

If there is not a support group in your community and you are interested in becoming a leader, please let us know. Call Arlys Hess at 218-237-5588 or e-mail her at arlyshess@catholichealth.net. There will be support group leader training coming in 2013. Watch for more details in the Spring issue of *Y Weight?*