



The CfWR Newsletter is available via electronic mail. If you would like to receive upcoming issues, please submit your email address to Leanne Martin at lmartin8@goshenhealth.com. Our goal is to keep you informed on a variety of topics, including nutrition, fitness, medical and surgical interests, and scheduled events. Suggestions for content can be sent to Leanne via email or given to a member of the CfWR staff.

ANNOUNCEMENTS:

Fitness Center Hours

Monday	10:00am - 7:00pm
Tuesday	8:00am - 5:00pm
Wednesday	10:00am - 7:00pm
Thursday	8:00am - 5:00pm
Friday	8:00am - 12:00pm

****Please keep in mind that these fitness hours are our opening and closing hours. Please arrive at our facility with adequate time to complete your workout before closing time and understand the gym will not open until its start time. Thanks!****

Fitness Class Schedule:

Mondays: Cardio Drumming 2.0: 5:30 - 6:15pm

Wednesdays: Cardio Drumming: 5:30pm - 6:15pm

Fridays: Outdoor Cardio Step: 10:00am - 10:45am

***Class Descriptions are on the following page.*

Colleague Update: We are excited to announce that Ally, our dietitian, has recently brought a little baby boy named Beck into the world weighing in at 6 lbs. 3 oz. Both Ally and Beck are healthy and doing great! Ally will return to The Center and resume dietary appointments beginning in November!



Class Descriptions:

Cardio Drumming:

Join us for 45 minutes of fun! This is a low impact aerobics class that can be done at a low intensity or a high intensity, depending on how hard you want to make it! Get a full body workout while drumming to the beat of your favorite song!

Cardio Drumming 2.0 :

Cardio drumming with a twist! This workout starts with drumming; half way through, switches to a strength portion incorporating light dumbbells/bodyweight exercises. It's great if you struggle to find the motivation to get your strength workout done in the gym!

Outdoor Cardio Step:

Kickstart your weekend with 45 minutes of stepping in different directions/bodyweight movements for a low impact aerobics class lead by one of our certified instructors. (Similar to *Walk Away the Pounds* DVDs) Get 4,000+ steps, practice balance, agility, and get a workout in without having to be stuck inside the gym! ***If weather does not permit, class will be moved inside.*

MEDICAL UPDATE

Cathy Miller, RN, BSN

Kathy Meier, NP

The following tips are from an article by Dr. Peter Rovito. While a little bit of weight gain after gastric bypass surgery is likely to occur after hitting your lowest weight, there are many things you can do to keep the weight regain to a minimum...

- 1. Join and participate in a good weight loss surgery support group** – weight loss surgery patients who actively participate in support groups have roughly a 10% lower body mass index than patients who do not (8).
- 2. Stop binge eating well before surgery** – Research suggests that patients with binge eating disorder (BED) tend to lose less weight after surgery. Seeking treatment for BED prior to surgery will make you less likely to experience weight gain after gastric bypass surgery (9).



3. **Lose as much weight as possible prior to surgery** – The percentage of patients who keep off at least half of their excess weight 10 years after surgery is almost 15% higher for the morbidly obese (BMI between 40 and 49.9) than for the super obese (BMI of 50 or more) (10).

4. **Address alcohol and drug abuse problems** to prevent weight gain after gastric bypass surgery and avoid gastric bypass complications. The topic of alcohol and drug use will come up in your psychological evaluation prior to surgery approval, so be prepared to be honest with your psychologist and work with him or her to get any problems under control.

5. **Follow your bariatric doctors' advice to the letter** – this may sound obvious, but you'd be surprised how many patients follow their doctors' orders for the first year or two then slowly start to falter. Effective surgeons are not only good in the operating room but are also trained and experienced in helping patients keep the weight off long-term.

6. **Address food urges and lack of well being if you start to experience them after surgery** – If you begin to experience increased food urges or your mental state becomes unstable following surgery, talk with your bariatric doctors immediately. Patients who experience these feelings and don't address them usually gain more weight back. Between meetings with your surgeon and psychologist along with regular discussions with your weight loss surgery support group, you will overcome these issues.

“Patients who actively participate in support groups have about a 10% lower body mass index than patients who go it alone.”

7. **Continue to get nutritional counseling** – patients who continue to monitor their diet with the help of a professional have better long-term results (11). Good bariatric doctors partner with or will refer you to a nutritionist or dietitian, so you should not need to find one on your own. The key is to never stop seeing them. The importance of this cannot be understated and needs to be repeated: the key is to never stop seeing them.



FITNESS UPDATE

Leanne Martin, Fitness Trainer

Judie Jones, Fitness Trainer

An Exercise Regimen May Not Be Enough to Counteract Ill Effects of Prolonged Sitting

While it appears counterintuitive, it also turns out that regular exercise does not protect you from the hazards of prolonged sitting. For Dr. Levine, this was a rather upsetting discovery, as it was for me when I first learned this a few years ago.

It can be quite disconcerting to realize that even if you dutifully go to the gym several times a week and are really fit, it is still not enough to counteract the many hours you sit during the rest of your day...

“There are a couple of important points,” he says. “First of all, if you go to the gym, that does do you good. In fact, that is a phenomenal dose-response relationship. The more you do, the more benefit you get.

That does not, however, relinquish you from the responsibility of being active throughout the day or of realizing the opportunities to be active throughout the day.

What is interesting is that the molecular mechanisms that come into play when somebody sits for hours on end, if you think about it, are actually not reversed by allowing all of that sedentariness to occur and then having a bout of activity in the evening or even in the morning.

It’s the hours of inactivity that are associated with the molecular mechanisms at the cellular level that are associated with causality for diabetes, hypertension, and even potentially cancer and other deleterious effects.”

Why Sitting Causes So Much Harm, and Why Standing Promotes Physical Health

According to Dr. Levine, there are at least 24 different chronic diseases and conditions associated with excess sitting. How do we reconcile and explain how something so simple can have such a massive expanse of ill health consequence?



Goshen Physicians

CENTER FOR WEIGHT REDUCTION

Newsletter

According to Dr. Levine, when you have been sitting for a long period of time and then get up, at a molecular level, within 90 seconds of getting off your bottom, the muscular and cellular systems that process blood sugar, triglycerides, and cholesterol—which are mediated by insulin—are activated.

As soon as you stand up, a series of molecular mechanisms at the cell level set off a cascade of activities that impact the cellular functioning of your muscles. The way your body handles blood sugar is beneficially impacted, for example. Therefore, the disease prevention for diabetes comes into play. All of these molecular effects are activated simply by weight-bearing; by carrying your bodyweight upon your legs. Those cellular mechanisms are also responsible for pushing fuels into your cells.

“It makes perfect sense,” Dr. Levine says. “If you’ve been resting after a hard morning’s work and then you get back on your legs in order to go back into the fields, of course, your whole body system is to be pushing what you’ve just had for lunch into your muscle, into your body so that you can function well in agricultural practice, which, up until 200 years ago, was what the human body ultimately functioned to do.

The nature of the human body was to be active and moving all day. The body was never designed to be crammed into a chair where all of these cellular mechanisms get switched off. Obviously we’re supposed to rest from time to time. But that rest is supposed to break up the activity. It’s not supposed to be the way of life. [T]his very unnatural [sitting] posture is not only bad for your back, your wrists, your arms, and your metabolism, but it actually switches off the fundamental fueling systems that integrate what’s going on in the bloodstream with what goes on in the muscles and in the tissues.

As a consequence of that, blood sugar levels are inappropriately high in people who sit. The blood pressure is inappropriately high, the cholesterol handling is inappropriately high, and those toxins, those growth factors that will potentially lead to cancer, particularly breast cancer, are elevated in those people who sit too much. The solution? Get up!”

Studies looking at life in natural agriculture environments show that people in agrarian villages sit for about three hours a day. The average American office worker can sit for 13 to 15 hours a day. The difference between a “natural” amount of sitting and modern, inappropriate amounts of sitting is huge. So, when trying to determine what the “minimum dose of standing” might be, it’s important to realize that most people are not dealing with a minor tweak... Most people need to figure out how to get out of their chair for several hours each day. But as a general guideline, to give you a starting point, Dr. Levine notes:

“The bottom-line is that if you’ve been sitting for an hour, you’ve been sitting for too long. We should all be up at least 10 minutes out of every hour.



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I've previously recommended standing up and doing some exercises at your desk every 10-15 minutes to counteract the ill effects of sitting, but after discussing the issue with Dr. Levine and reading his book, I'm convinced this isn't even enough. I really think the answer is to stand up as much as possible. Standing for 10 minutes for every hour of sitting is really the bare bones minimum; it's still far from ideal. It would seem far wiser to strive to sit as little as possible, certainly less than three hours a day.

For more on this topic check out the book: *Get Up!: Why Your Chair is Killing You and What You Can Do About It*, by James Levine

JOIN US FOR THE UPCOMING FALL FITNESS EVENT

Center for Weight Reduction 5k

Date: October 19th 2018 (Friday)

Start Time: 9:30 am (Please arrive at least 10 minutes early)

Location: Fiddler Pond, 1424 Lincolnway E, Goshen, IN 46526

What to Expect: One lap around Fiddler Pond is equivalent to 1.5 miles. You may complete two laps for a 5k or you can stop after one lap if you need to. There will be several benches if you need to rest. You will be timed, but may go at whatever pace you need to. Make sure to dress weather appropriate and bring water. Please RSVP to this event no later than October, 2018. You may reply to this email (lmartin8@goshenhealth.com), contact the office at 574-537-8326, or stop in the Fitness Center.

Join us for Cardio Drumming on Wednesday October 31st, at 5:30pm (Halloween) for our spooky workout class! Feel free to dress up in your best Halloween Costume while drumming to Halloween themed music!!



2018 FREE INFORMATIONAL SEMINARS

Please call to reserve a seat!

GoshenWeightReduction.com
1130 Professional Dr.
Goshen, IN 46526

(574) 537-8326
(877) 457-5678

Tuesday, 5:30 p.m.

September 18
October 23
November 20
December 11, 18

Tuesday, 10:00 a.m.

September 4
October 2
November 6
December 4

2018 Support Group Dates/Topics

Tuesday, September 4 th	4:00-5:00pm	Fall into Fitness
Wednesday, September 12 th	10:30-11:30am	Fall into Fitness
Thursday, September 27 th	5:30-6:30pm	Fall into Fitness
**Monday, October 1st	4:00-5:00pm	Mental Health
Wednesday, October 10 th	10:30-11:30am	Mental Health
**Thursday, October 18th	5:30-6:30pm	Mental Health
Tuesday, November 6 th	4:00-5:00pm	Healthy Holidays
Wednesday, November 14 th	10:30-11:30am	Healthy Holidays
Thursday, November 29 th	5:30-6:30pm	Health Holidays
Tuesday, December 4 th	4:00-5:00pm	New Year, New Plan
Wednesday, December 12 th	10:30-11:30am	New Year, New Plan
Thursday, December 27 th	5:30-6:30pm	New Year, New Plan

*For additional dates and times please visit www.butneveragain.org, or call us at 574-537-8326



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Newsletter

***October 2nd support group has been moved to October 1st (Monday) – same time and October 25th support group has been moved to the 18th (Same Time)*

**Would You Be Interested In Speaking About
Your Weight Loss Journey
At One Of Our Free Informational Seminars?**



**If You Are Interested, Please Contact Oliver
At 574-537-8326 To Be Added To Our List Of
Prospective Speakers.**