



# Goshen Physicians

## CENTER FOR WEIGHT REDUCTION

The CfWR Newsletter is available via electronic mail. If you would like to receive upcoming issues, please submit your email address to Brad Whetzel at [bwhetzel@goshenhealth.com](mailto:bwhetzel@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 Brad via email or given to a member of the CFWR staff.

### **ANNOUNCEMENTS:**

#### **MORE GYM HOURS AND EVENTS!**

#### **Don't Forget Our New Gym Hours Are:**

Monday – Thursday: 8am – 7pm

Friday: 8am – 5pm

#### **New Classes are available:**

Monday & Wednesday: Aerobics – 5pm – 6pm, Circuit Training – 6pm – 7pm

Fridays: Aerobics – 3pm – 4pm, Circuit Training – 4pm – 5pm

**And beginning February Aerobics will be changing to Drums Live**



Come May 20<sup>th</sup> CfWR will be sponsoring and participating in the Get Fit- Get Healthy 5K Run/Walk @ OxBow Park. Scholarships, covering all entry fees, along with a Team B t-shirt will be available to those that register before May 6<sup>th</sup>. The event will be open to the public for \$15 and free for those 12 and under, so sign-up your friends and families to come join in on the fun.

#### **We Need Your Feedback!**

The Center for Weight Reduction is writing a cookbook focused on weight loss to help our patients with meal ideas and we want your input! What are your favorite healthy recipes that are high protein, have complex carbohydrates, and are moderate in healthy fats? Inclusion of recipes in the cookbook is dependent upon nutrition criteria and ease of preparation. Nutritional values need not be submitted with recipe. Please send your favorite recipes to Ally Mast, RD via email: [amast3@goshenhealth.com](mailto:amast3@goshenhealth.com), or mail: 1130 Professional Dr. Goshen, IN 46526.



**NEW PATIENT SEMINARS and SUPPORT GROUPS**

**New Patient Educational Seminars**

**Now held at the CfWR office in the Health and Wellness Education Room!**

**\*Enter through door 2.\***

**2017**

Seminars will be held the first Tuesday of every month from 10:30AM – 11:45AM  
And every other Tuesday from 5:30PM – 6:45PM

\*For additional dates and times please visit [www.butneveragain.org](http://www.butneveragain.org), or call us at 574-537-8326 (TEAM)

**Support Groups (Existing and Post-Op Patients)**

**Now held at the CFWR office in the Health and Wellness Education Room!**

**\*Enter through door 2.\***

**2017**

Tuesday, February 7 <sup>th</sup>	4:00-5:00pm	Events to Train for
Wednesday, February 15 <sup>th</sup>	10:30-11:30am	Events to Train for
Thursday, February 23 <sup>rd</sup>	5:30- 6:30pm	Events to Train for
Tuesday, March 7 <sup>th</sup>	4:00-5:00pm	Eating on a Budget
Wednesday, March 15 <sup>th</sup>	10:30-11:30am	Eating on a Budget
Thursday, March 30 <sup>th</sup>	5:30- 6:30pm	Eating on a Budget
Tuesday, April 4 <sup>th</sup>	4:00-5:00pm	Mental Health
Wednesday, April 12 <sup>th</sup>	10:30-11:30am	Mental Health
Thursday, April 27 <sup>th</sup>	5:30- 6:30pm	Mental Health
Tuesday, May 2 <sup>nd</sup>	4:00-5:00 pm	Panel Discussion
Wednesday, May 10 <sup>th</sup>	10:30-11:30 am	Panel Discussion
Thursday, May 25 <sup>th</sup>	5:30-6:30 pm	Panel Discussion

**Dates for 2017 can be found attached to this email!**

\*For additional dates and times please visit [www.butneveragain.org](http://www.butneveragain.org), or call us at 574-537-8326 (TEAM)

**New for 2017 – Post Op only support group**

Our first support group for post-operative individuals will be held 5/17/17 at 5:30 PM. We will use this first 1 hour group to brainstorm topics that would be helpful to you in the post-operative period.

Your input in this process is very important.

In 2017 we plan to offer quarterly post op only support groups. You are, of course, encouraged to continue attending the monthly support group meetings.



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## **MEDICAL UPDATE**

*Cathy Miller, RN, BSN*

*Kathy Meier, NP*

### ***Parental Obesity May be Tied to Developmental Delays in Kids***

Children with obese mothers are 67% more likely to have delayed fine motor skill development by age 3 compared to children with normal or underweight mothers, even after accounting for the father's weight. With obese fathers, children are 71% more likely to have deficits in personal and social skills after taking their mothers' weight into account. When both parents were obese, kids are almost three times more likely to struggle with problem-solving. The findings are from a study that examined data from questionnaires parents completed for 3,759 singleton babies and 1,062 non-related twins, when the children were 4, 8, 12, 18, 24, 30 and 36 months old. Even though the study didn't examine how parents' obesity might influence child development, it's possible obese mothers might have babies more prone to inflammation, which can in turn impact neurological development in children, the authors note in the journal *Pediatrics*.

<http://www.reuters.com/article/us-health-kids-development-idUSKBN14P2FJ>

## **DIETARY UPDATE:**

*Allyson Mast, MS, RD, CD*

### **Cut 100 Calories a day – Lose 10 pounds in 1 Year**

According to the University of California Wellness Letter, the average American gains about two pounds a year. Here are 10 simple ways to cut 100 calories that you won't miss.



- ✓ Eat a small orange instead of drinking 8 ounces of orange juice.
- ✓ Drink 8 ounces of chocolate milk instead of a 8 ounces of a chocolate milkshake
- ✓ Flavor coffee with cinnamon and vanilla flavoring instead of flavored syrup.
- ✓ Fill your omelet with onions, peppers, spinach, and mushrooms instead of cheese and meat.
- ✓ Choose low calorie whole wheat bread for your sandwich instead of regular bread.
- ✓ Choose snack foods with shells such as pistachios and peanuts. Taking the time to shell the nuts and seeing the waste will help you to eat less.
- ✓ A cup of water flavored with a lemon instead of a soft drink
- ✓ Drink skim milk instead of whole milk.
- ✓ Add tomato, lettuce, and pickles on a sandwich instead of mayo and cheese
- ✓ Choose water-packed tuna instead of oil-packed



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In addition to making small changes in food choices, increase activity by walking fifteen minutes a day or climb stairs instead of taking the elevator.



### **FITNESS UPDATE**

*Jason Lorent, AS Exercise Science, BA, CSCS (Certified Strength and Conditioning Specialist), CF1 (Crossfit LVL1), USAW (USAWeightlifting), USAG (USAGymnastics)*

### **FINDING YOUR FITNESS**

When it comes to exercise, let's face it, not everything is fun.

**BUT**

That doesn't mean that exercise can't be enjoyable.

You must find what type of exercise fits you best. Not everyone enjoys watching the same sports on TV, and not everyone wanted to play the same sports in high school or college.

So, we must also find what we like to do, and doing this helps us stay healthier and happier in the long run.

Jogging/Walking is one of the most well-known forms of exercise. The thought of getting up early or adding a walk/jog at the end of your already busy day can be intimidating. One of the best ways to accomplish your goal of activity is to make it fun! Here are some tips:

Like:

- Try new types of equipment
- Take out your bike/recumbent bike and take a ride
- As the snow falls give cross country skiing a try
- Find a local pool to swim at

If your workout routine is getting boring spice it up a little

- Change the pace
- Try a new class
- Change the exercises used
- Change the weights used

Exercise doesn't have to be boring, so find a new adventure in your fitness.

**\*\*\*As always, CFWR greatly appreciates and values your feedback on how we can improve your experience with us!**