

# Weight?

May, 2009

A BARIATRIC SUPPORT SERVICE PROVIDED BY ST. JOSEPH'S/INNOVIS HEALTH

## The Dynamic Duo

Couple  
powers up  
to face  
physical  
challenges / See 2



'Before'  
Peterson pair drop  
combined total  
of 352 pounds

**A date to  
remember!**  
Weekend in the  
Pines event set / See 5



I was out of breath, my lungs burning. I felt like I was going to pass out, as though I had run a marathon. Not only had I not run a marathon, I hadn't even *walked* a quarter of a mile. After five minutes on the YMCA treadmill, I knew I wouldn't last another second. Why?

Because I weighed 342 pounds. – *Sherry Peterson*

## Exercise now part of couples' busy schedule

### He as coach works out with kids; she's the elliptical diva

Prior to gastric bypass surgery with Dr. Daniel Smith at St. Joseph's Center for Weight Management in Park Rapids, Sherry and Terry Peterson joined their local Grand Rapids YMCA to get moving.

It was a struggle for them to walk their first quarter of a mile. Sherry weighed 342 pounds, Terry's peak weight was 390.

"Right then we knew that unless we could lose some weight, we would never be able to really exercise and get into shape again," Terry says. "By shape at that time I would have been happy just to be able to not feel horrible after working all day in front of my computer."

Since the latter part of 2007, the pair have worked to shed 352 pounds, the equivalent of two adult people. Neither of them relish looking at their before pictures, although they wear the same great smiles and have the same vibrant personalities.

The weight loss spurred their efforts to exercise. The same person who wrote the introduction above can now crank out a 30-minute workout on the elliptical machine. Terry, a youth football coach, runs with the kids during practice.

They are planning to participate in the Northwoods Triathlon in Nevis, now called "Leah's Triathlon" by many Center for Weight Management's participants who have answered the challenge posed by Leah Walters, RD, LD, CDE,



*Sherry and Terry Peterson together lost 352 pounds. They will take on the Northwoods Triathlon this summer.*



*Continued on 4*

CATHOLIC HEALTH  
INITIATIVES

**St. Joseph's Area Health Services**

THE CENTER FOR WEIGHT MANAGEMENT

600 Pleasant Avenue      Park Rapids, MN 56470  
Phone: 218-237-5757      1-800-566-3311  
[www.sjahs.org](http://www.sjahs.org)

**Innovis Health**



Center of  
Excellence  
Bariatric Programs

Designated a  
**Blue  
Distinction**  
Center for Bariatric Surgery



### 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)

If you choose to no longer receive this newsletter, please call 218-237-5711 or 1-800-566-3311 ext. 588 and ask to have your name removed from the mailing list. Also, drop us a line if you have a change of address you would like us to know about. Thank you.

# Make exercise a part of your healthy lifestyle

We've all done it. Vowed to exercise then fall off the fitness bandwagon.

According to the American College of Sports Medicine, more than half the people who begin exercising drop their program within three to six months. Over two thirds of American adults are not physically active on a regular basis and nearly one quarter get no exercise at all.

Prior to weight loss surgery, each patient signs a "Statement of Commitment" to a new, healthier lifestyle. Exercise is essential to your success and here's why:

**PROTEIN:** Protein is stored in your muscles. If you are not consuming 65g of protein as a woman or 75g of protein as a man, your body will turn to your muscle mass and strip it of the needed protein resulting in atrophy or weakness. Exercise is required to preserve muscle tone and strength.

**OPTIMISM:** It takes six to eight weeks to develop a habit and start seeing visual results. Use an exercise log to track your progress and motivate you. Set specific, realistic goals and work towards them. Ask your close friends or relatives for encouragement.

**WATER:** Sixty-four ounces of water per day is the general rule, right? We all sweat when we exercise and with increased activity we need more fluids. It is very important to sip on water throughout your work out to avoid dehydration.

**EXERCISE:** Exercise is not only important for physical health but also our mental health. Schedule it into your day and make it a priority. You are worth the time it takes to be healthy and strong. Remember that enjoyment equals compliance so keep experimenting

until you find what works for you.

**RESIST GRAZING:** Each of us has a time of day when we are prone to grazing. Whether it is at three in the afternoon or before bed, it is normally a result of boredom or fatigue. Try scheduling your exercise during this problematic time, even if it is a quick, five-minute walk at work. Exercise provides a natural pick me up that will help you avoid the things you know you shouldn't be eating.

Remember to have fun. If you hate the treadmill, don't do it. The important thing is to get your body moving and your heart rate up. Think about what you enjoyed as a child. If you loved swimming, try a water aerobics class. If you spent hours at the baseball field, look for a local softball league. Don't be afraid to try all those things you never got around to: dancing, ice skating, karate. Get over the fear of looking foolish. Listen to the positive voices cheering you on, they are the ones who want you to succeed.

Change up your routine to avoid boredom. Visit your local library and check out a yoga or kick boxing video to keep you interested. Have patience with your new routine and find small, inexpensive ways to reward yourself when you achieve your goals. Maybe a new workout outfit or the iPod you've been eyeing. It's important to celebrate your healthy lifestyle. Remember that we at The Center for Weight Management are always available to help you with the bumps in the road; we love hearing from you. Keep up the hard work and congratulations on the "new you."

Missy Lindow, PTA, works as a Lifestyle Counselor at St. Joseph's Area Health Services and can be reached at [missylindow@catholichealth.net](mailto:missylindow@catholichealth.net)



By Missy Lindow,  
PTA, St. Joseph's  
Lifestyle Counselor

*"Remember to have fun. The important thing is to get your body moving and your heart rate up."*

## POWER Up Your Pouch

► The next six-week "POWER Up Your Pouch" session will be held from 6 to 7:30 p.m. every Thursday, Oct. 8 through Nov. 12 in LLB & LLC of St. Joseph's Area Health Services and

Innovis Health Park Rapids (600/705 Pleasant Ave.).

These classes are geared toward those patients who are 18 to 24 months post-surgery and struggling with weight regain.

Each session will focus on one of the POWER tools (Protein First, Optimism, Water, Exercise, and Resist Grazing) and include opportunities for weigh-ins, goal setting, and staying account-

able for progress made. If you need to get back on track with your weight loss, this is the program for you. Watch for more details in future newsletters.



# Intense exercise requires adequate intake



By Kayla Brakke,  
University  
of North Dakota  
Student Dietitian

The average-sized adult contains around 22 to 26 pounds of protein in their body found mostly in skeletal muscle.

Not consuming adequate amounts of protein and energy while being active can cause you to lose body protein, particularly from those skeletal muscles.

How much protein do we need to consume when starting our new exercise program?

It's recommended that active individuals after bariatric surgery get the recommended 65 grams for women and 75 grams for men.

It's important with your rapid weight loss to consume adequate protein so lean body mass doesn't deteriorate.

The goal is to lose fat instead of muscle.

Those who do more intense endurance (aerobic exercise) and resistance training (strength exercise) will need upwards of two times the recommended dietary allowance of protein compared to less active individuals

Remember to keep in mind that many things affect protein requirements.

Level of training, amount of exercise, total energy balance, age, and body composition are all things we should look at when considering protein needs.

It is best to get a post-workout snack within

30 minutes after exercising. Along with grabbing a glass of water, some ideas can be as simple as eating yogurt with high-protein cereal.

How about an apple with peanut butter, cottage cheese with fruit, a protein shake, crackers with low-fat cheese, or an omelet?

Remember to consume your water and wait 15 minutes until you eat a snack.

Be creative with your post-exercise snack, but remember, it's important if you aren't eating a meal within one to two hours, that you consume a snack with 150-200 calories and at least 15 grams of protein or more.

The sooner you eat something after exercise the sooner your body recovers.

Don't forget carbohydrates when replenishing. They are important after your workout. This is to ensure glycogen stores in your muscles can be restored.

Many think that you only need protein to rebuild muscle, but if you don't eat carbohydrates (such as the examples listed above), your body will break down the protein and use that to replenish glycogen stores. Then you might not have enough protein left to repair your muscles.

## Couple / from 2

the Center's bariatric coordinator.

Sherry says she "can't wait" to participate. Both are training for their portion of the event.

## In it together

Terry and Sherry exchanged vows four years ago, each considering gastric bypass surgery prior to getting married. They decided to have the surgery as a team and become a support system for one another.

Terry struggled with excess body weight his entire life but was able to keep it somewhat under control having been active in high school and collegiate sports. Once he began working in the computer industry that changed. "My weight increased until it ballooned out of

control," he says. He came close to weighing 400 pounds. Blood pressure became an issue. While coaching kids on various sporting teams, he could no longer adequately demonstrate activities. Playing with his own children became taxing.

Sherry, too, discovered weighing 342 pounds had its limitations. It was hard for her to walk. Working on her feet for eight hours a day hurt her feet and back to the point she could barely walk by the end of the day.

Once they decided to have gastric bypass, they began shopping for a program since their home town of Grand Rapids no longer provided the service.

"I can't even begin to say how glad I am that Terry and I chose Park Rapids," Sherry says. "The quality of care so far surpassed every expectation we had. I

tell everyone how absolutely wonderful Dr. Dan Smith and his team performed."

Terry agrees. "We immediately knew this was the place for us."

In 2007, just before Thanksgiving, Sherry underwent her procedure followed by Terry two weeks later.

## Partners on a mission

Sherry's initial thought following the surgery was how surprisingly hungry her brain remained even though her stomach was not. That's when having Terry by her side proved to be a great comfort and source of support. (Even though she jokes about how it initially drove her nuts to watch him lose weight at a faster rate.)

"There is no better support than going through this with your best friend,"

*Continued on 6*

## Featured speaker threads personal testimony, life journey throughout talk when sharing her powerful message

Allison Bottke's openness when addressing painful topics allows her to reach into hearts and change lives with a powerful message of hope and healing. Affectionately known as the "God Allows U-turns poster girl," Bottke's story is one of triumph over tragedy on many levels.

As the founder of God Allows U-Turns, she shares her testimony of a changed life, one that has been highlighted over the years by *Guideposts Magazine*, *The 700 Club*, *Praise the Lord*, and *CBN.com*.

Bottke's writing career began with *God Allows U-Turns*. The compilation book series is available globally with books in the U-Turns brand currently available for adults and youth.

A frequent guest on national radio and TV programs around the country, she has appeared on the covers of such national magazines as *Writer's Digest*, *BOND*, *The Christian Communicator*, *CWO*, and *O.H. Magazine*. Bottke writes "Boomer Babes Rock," a monthly column for baby boomer women in *Christian Women Online*. Her international outreach includes over two-dozen non-fiction and fiction books, as well as blogs, e-zines, tracts, greeting cards, and logo merchandise.

Bottke's personal testimony is threaded throughout all of her talks and is the foundation of her outreach. She shares her life's journey with honesty, integrity, passion and poise.

In 2006, Allison added fiction to her writing repertoire with the completion of *A Stitch in Time* and *One Little Secret* released from Bethany House Publishers. Both are being considered for adaptation into major motion pictures. *One Little Secret* was nominated as Book of the Year 2007 by the American Christian Fiction Writers organization.

A trilogy of novels based on three baby boomer entrepreneurial women will follow, with *You Make Me Feel Like Dancing* releasing in 2009 from David C. Cook Publishers.

Her novels are being called: "Contemporary women's fiction with an attitude." Bottke has a passion to reach baby boomer women and does so via her international outreach [www.BoomerBabesRock.com](http://www.BoomerBabesRock.com).

Her first non-fiction project, *I Can't Do it All - Breaking Free From the Lies That Control Us*, was written with co-authors Tracie Peterson and Diane O'Brian. Bottke's newest non-fiction book is being heralded as a landmark resource for parents and grandparents. *Setting Boundaries with Your Adult Children - Six Steps to Hope and Healing for Struggling Parents*, is the first book in a series of four boundary books to be published by Harvest House Publishers. Bottke can seamlessly cross between writing non-fiction and fiction and has built a dual audience of readers for both genres.



Allison Bottke, author and speaker will be the *Weekend in the Pines*' featured presentation.

## Weekend in the Pines event scheduled for Oct. 2-3

The quiet, wooded setting of Smokey Hills Wilderness Retreat ([www.smokeyhills.com](http://www.smokeyhills.com)) will again be the setting for The Center for Weight Management's third annual Weekend in the Pines.

Scheduled for October 2 & 3, the event begins with registration at 1 p.m. on Friday. You can spend the afternoon observing a cooking demonstration, speaking to someone about your medications, participating in a Yoga class, getting a massage, taking a nap, sitting in the hot tub, or whatever "charges your batteries!"

The Center welcomes keynote speak-



er, Allison Bottke, weight loss patient, author, and radio/TV personality. Other special guests providing educational opportunities include a plastic surgeon, a sleep specialist, and a dermatologist.

Weekend favorites will include a

"Before & After" presentation, Q & A with the program "Dream Team," and break-out sessions with other participants who are on a weight-loss journey similar to yours. There will also be support group leadership training offered in conjunction with the event.

Watch your mailbox or St. Joseph's Area Health Services website ([www.sjahs.org](http://www.sjahs.org)) for a registration form and start planning now for a relaxing weekend in the woods. Please note that reservations for the retreat and on-site lodging will be made through The Center for Weight Management, not Smokey Hills.

## St. Joseph's Area Health Services

THE CENTER FOR WEIGHT MANAGEMENT

600 Pleasant Avenue Park Rapids, MN 56470  
Phone: 218-237-5757 1-800-566-3311  
www.sjahs.org

# Innovis Health



Note: Designation as Blue Distinction Centers means these facilities' overall experience and aggregate data met objective criteria established in collection with expert clinicians' and leading medical societies' recommendations. Individual outcomes may vary. To find out which services are covered under your policy at any facilities, please call your local Blue Cross and/or Blue Shield Plan.

Non-Profit Org.  
U.S. Postage  
PAID  
Park Rapids, MN  
Permit No. 52

Address Service Requested

## New support group sprouts in Fargo/Moorhead

An additional surgical weight loss support group will be offered to residents of the Fargo/Moorhead area beginning May 19.

The group will meet every third Tuesday of the month at the Moorhead Innovis Clinic from 10 a.m. to 11 a.m.

The clinic is located at the Moorhead Center Mall in Moorhead.

Please call Arlys Hess at 218-237-5588 if you have any questions regarding this group.

## Weight?<sup>6</sup>

Couple / from 4

Sherry says.

Prior to their surgeries the Petersons began their work-out routine at the YMCA. "We weren't in physical shape to do anything else besides walking," Terry says.

"I continued walking, and, as soon as I was given the go-ahead, I tried working out on the elliptical machine. His first attempt on the machine lasted 15 minutes and left him feeling pretty good.

In college he played racquetball competitively, so he set a new goal to play the sport he loves so much once again. It had been 10 years since he last played, and he was excited to keep losing weight which eased the pain from his knees and ankles. As he shed the weight he started feeling better both on and off the court.

Terry coaches youth football with friends, one of whom is notorious for encouraging a strenuous running program after practice to get the kids in shape. "I decided the first night of practice that I was going to run with the kids," he says. "I made it and was able to do it multiple times

without trouble. Prior to my surgery and weight loss, I wouldn't have even tried to complete it."

Sherry's energy level also went from being exhausted after five minutes on the elliptical machine to feeling good after a 30-minute routine.

Terry has lost close to 175 pounds and wears the same sized clothing as when he graduated from high school. He's back to playing competitive racquetball, something he thought he would never be able to do again in his life. "Dr. Smith and his fabulous team have basically given me a new life," he says. He has energy, can play with the kids, and is no longer on any medications.

Sherry is down 177 pounds and boasts a new spirit and positive energy about herself. She is training hard to carry her portion of the team triathlon in August; a quarter of a mile swim in Lake Belle Taine. "I wouldn't have been able to do this a year ago," she admits.

Terry will take on the 14-mile bike ride at the triathlon. No sweat for someone with a training buddy like Sherry at his side.