

# A DAY AT STRUCTURE HOUSE

During the weekday you will be as busy as you want to be with more than 80 activities engaging body, mind and spirit. A slower pace on evenings and weekends provides an opportunity for socializing, recreation, relaxation and reflection.

<b>7am</b>	Begin your day with a walk on the Duke Trail.	<b>2:10pm</b>	Attend "Food Pharmacy" and learn about the appropriate role of vitamins, minerals, herbs and other supplements in your healthy lifestyle.  <i>alternative:</i> "Martial Arts," learn self-defense techniques and the basics of Karate.
<b>8am</b>	Breakfast. Enjoy a 4 egg white mushroom omelet, English muffin, strawberries and yogurt with decaffeinated hot tea or coffee.	<b>3:10pm</b>	Attend the "Group Cycling" class to improve cardiovascular fitness through this musically driven exercise class that uses stationary bikes.  <i>alternative:</i> Spend some time relaxing with other participants in the courtyard.
<b>9am</b>	Attend "Eating Out Smart" and learn the principles of controlling food intake in American, Italian, Chinese, Japanese, Mexican and other types of restaurants.  <i>alternative:</i> "Body Sculpting," a total body conditioning class using hand weights and dynabands.	<b>4:10pm</b>	Meet with therapist Dr. Shula Lazarus for a one-on-one session.  <i>alternative:</i> "Stress Management," a class exploring the link between stress and relapse, emotions, change, self-esteem and urges.
<b>10:10am</b>	Attend "Getting Structured" with program founder Dr. Gerard J. Musante and gain insight into the psychology of weight loss and lifestyle change.  <i>alternative:</i> "Water fitness," a pain free workout in the pool.	<b>5:30pm</b>	Dinner. Enjoy the menu selection of grilled chicken with creole sauce, brown rice, peas and melon or try the alternative entrée of spicy blackened fish and your choice of vegetable and fruit from our optional menu list.
<b>11:10am</b>	Attend "Exercise Recommendations for Weight Loss" and learn how exercise impacts your ability to control your weight for the rest of your life.  <i>alternative:</i> "Relaxation/Creative Visualization," an exceptional behavior workshop for help in healing body, mind and spirit.	<b>6:30pm</b>	Enjoy recreational activities with other participants.  <i>alternative:</i> Stroll on the Structure House nature trail.
<b>Noon</b>	Lunch: Enjoy the menu selection of tuna salad, broccoli and cauliflower, 1/2 pita and fruit or create your own soup and sandwich combination.	<b>7:15pm</b>	A relaxing massage with one of the certified massage therapists.
<b>1:10pm</b>	Attend "Pilates Foundation" and learn the benefits and principles of Pilates while sitting in a chair.  <i>alternative:</i> "Say It or Eat It," a behavior class using experimental exercises and drama therapy for insights into the connection between emotions and eating.	<b>8pm</b>	Join others in the lounge or retire to your comfortable apartment.
		<b>Note:</b>	Fun and educational guided outings to a restaurant or supermarket are offered on alternate weeks.