



Jumpstart Your Weight Loss Efforts by Attending One of Our Successful Participant Weeks!

The Successful Participant Week program is a weeklong set of classes that addresses issues related to success and recognizes and honors participants who are achieving their weight loss goals. All participants on campus are invited to participate in these sessions. Additionally, that week's returning participants who have lost 10% or more of their starting weight can enter a drawing to receive \$250 off his or her next visit.

Congratulations to Pearl Meyer of New York, N.Y. who won \$250 off her next visit to Structure House. We look forward to seeing you soon, Pearl!

The 2009 Successful Participant Weeks will begin on January 26, April 27, July 27 and October 26.

Recognizing Long-Term Success and Traditions

Dear Participants,

The beginning of the New Year is a perfect time to reflect on not only how far we have come, but how we got where we are today. As we celebrate the success achieved over the past year, it is important to remember that continuing encouragement and support from others has played a major role in guiding us through our weight loss journeys.

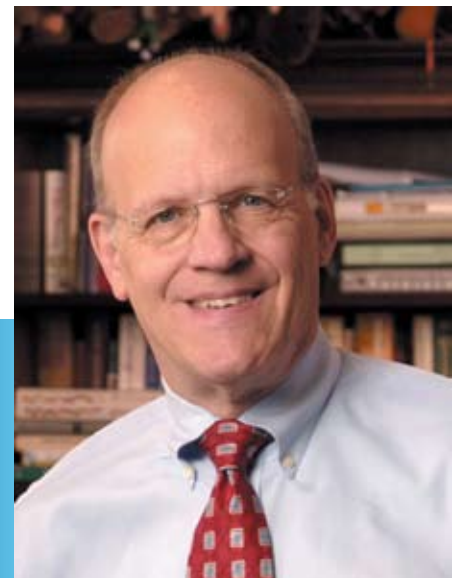
In this issue, we celebrate the long-term success of our participants and staff members, who have helped Structure House earn the title of "America's Healthiest Diet" by *Health* magazine. We are also excited to honor several staff members who celebrated significant milestones with Structure House during the past year.

One of the traditions we have for celebrating long-term success is our 100-lb. Jacket Award. Each participant who achieves a weight loss of 100 lbs. is presented a special jacket during an award ceremony. This issue will honor those participants who received 100-lb. Jacket Awards over the years.

We are always delighted to hear about your successes and traditions. Your stories serve as inspiration and motivation to others who are traveling down similar paths toward weight loss success. We encourage you to contact us if you would like to share your story in Enlighten.

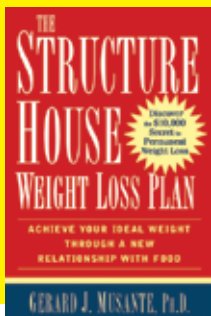
Sincerely,

Gerard J. Musante, Ph.D., ABPP



Dr. Musante

The Structure House Weight Loss Plan named number one among "America's Top 10 Healthiest Diets" by Health magazine! See inside for more details.



Structure House Named “America’s Healthiest Diet” by Health Magazine!

We are excited to announce that Structure House has been ranked number one among “America’s Top 10 Healthiest Diets” by *Health* magazine. To find out which diets really work, the editors at *Health* magazine created a panel of experts who reviewed more than 60 diet programs and selected their top 10 to feature in their January/February issue. The other nine diets selected were the Step Diet, Weight Watchers, the EatingWell Diet, the Volumetrics Eating Plan, the Best Life Diet, the Solution, You: On a Diet, the Sonoma Diet, and the Spectrum.

Here’s what *Health* magazine had to say about the Structure House weight loss program and book:

Don’t recognize this plan? That’s because for more than 30 years its author, Gerard J. Musante, PhD, has been working quietly and very successfully running the actual Structure House, a Durham, N.C.–based residential treatment center for obese adults. That’s a lot of time spent with patients and a lot of attention paid to the broad factors that affect

weight loss—particularly the relationship people have with food.

But can an excellent residential program transfer to an effective at-home plan? The answer, according to our experts, is a resounding “yes,” which is how this below-the-radar plan grabbed highest honors from its better-known rivals.

*With top-shelf scores on every aspect of healthy weight-loss, Structure House won an “outstanding!” from obesity expert Tim Church, MD, on its exercise component (often a weak spot in diet programs). And several panelists raved about the plan’s motivational components. “It focuses on the ‘why’ behind overeating,” says registered dietitian Maureen Callahan, “and helps dieters learn to put their lives in balance.” *Health’s* senior food and nutrition editor, Frances Largeman-Roth, agrees: “This book takes a holistic approach to weight loss, asking you to fill your life with things other than food—outdoor activities and time with friends and family, for instance. Plus, the recipes, such as Balsamic Dijon Chicken and Classic*



Pesto, won high marks for tastiness, another factor in long-term weight-loss success.

We pride ourselves in having a program that works for everyone and does not produce negative side effects like some quick fix diets, and are honored to be named “America’s Healthiest Diet” by *Health* magazine. Structure House is privileged to have such a wonderful team of treatment professionals who have helped improve the health and lives of many, many people.

Don’t forget to order your copy of [The Structure House Weight Loss Plan](#) at [Amazon.com!](#)

Honoring New Additions and Milestone Employees

Structure House is excited to welcome new additions to our staff as well as honor employees who have reached milestone anniversaries.

Juan Diaz, LEC Coordinator – joined Structure House June 16, 2008

Michelle Rodriguez-Diaz, Research Assistant – joined Structure House June 30, 2008

Katie A. Rickel, Ph.D., Postdoctoral Obesity/Weight Management Fellowship – joined Structure House July 1, 2008

Stacey Warner, Participant Services Representative – joined Structure House October 27, 2008

Peggy Norwood and **Melanie Sweazey** have recently taken over new roles at Structure House. As of September 1, 2008, Peggy Norwood assumed the position of Professional Relations Director and Melanie Sweazey became our Exercise Director.

In addition, Structure House would like to acknowledge and thank the following staff members who have reached milestone anniversaries with us:

Marlene Lesson, Nutrition Director – 25 years as of October 2008

Wanda Hart, Housekeeping Team Leader – 15 years as of March 2008

Bruce Stoen, General Manager/Executive Director – 10 years as of February 2008

Pamela Bass, Administrative Director/HR Coordinator – 10 years as of June 2008

Teresa Montgomery, Waitstaff – 10 years as of August 2008

Jose Guzman, Utility – 5 years as of June 2008

Please welcome us in congratulating all of our new and long-standing employees at Structure House!



Structure House Adds New Classes and Programs

We are pleased to announce that Structure House added several new behavioral and fitness classes during the past year. Various members of the therapy staff have developed and offered the following new classes:

- **Living in the Present** – How to make mindfulness a part of everyday living.
- **Weight Loss from the Inside Out** – Learning from a study that concluded that self reflection leads to improved weight loss.
- **Links and Unlinks** – Exploring how to unlink from stress.
- **Emotional Intelligence Week** – A week of classes devoted to improving management of emotions.
- **Mindful Eating** – Taught every other Monday, this class focuses on the skills and benefits of mindful eating and gives participants the opportunity to practice eating more mindfully.
- **Change Your Brain, Change Your Life** – A class on the transformative power of meditation.
- **Working with Emotional Pain** – How mindfulness can be used to work with difficult emotions.
- **Countering Sabotaging Thoughts** – Ways to reframe negative thinking that can sabotage structure.
- **Overcoming Cravings** – Practical strategies for handling urges and cravings.

In addition, therapist Geri Nelson collaborates with the fitness department to co-teach a class titled “Renewal Through Body Awareness and Movement,” which guides participants through a body awareness exercise (body scan) and a movement exercise, with a focus on understanding the connection between the mind, body and emotion. Plus, the fitness department now offers the following classes



on a weekly basis:

- **NIA** – An exhilarating practice that combines dance, martial arts, yoga and guided creative movement.
- **Cardio Ballroom** – Teaches basic ballroom dance steps by combining a cardio workout and dancing.
- **Mets & Calories** – Explores how your aerobic capacity impacts your ability to burn more calories.
- **Exercise & Diabetes** – Understanding the importance of comprehensive and safe physical activity plans for diabetics.
- **Pilates Foundation** – Teaches seated and basic pilates, concepts and philosophies.
- **Chair Karate** – Martial arts taught in a seated position.
- **Chair Aerobics** – Designed to energize and motivate you without the impact of floor aerobics.
- **Feldenkrais** – Teaches gentle movements to change habitual ways of moving that are often stressful to joints, as well as easy and efficient movement patterns to increase balance and flexibility.



Additionally, Katie Rickel, Ph.D. developed the new three-part lecture series, “Support for Structure,” which includes classes titled, “From the Food Police to the Food Pusher,” “Round up your T.E.A.M.,” as well as a class on making the most of your social support network and a small group discussion on weight, sex and intimacy. Dr. Rickel also introduced the following new programs:

- **Virtual Family Support Training** – A series of sessions designed to help you and your partner develop strategies to support your structured lifestyle and ensure continued success after you return home.
- **Pain Coping Skills Training** – A series of sessions that explore how chronic pain can threaten structure and provide effective coping strategies.

Honoring Long-term Success with Our 100-lb. Jacket Award

Developed in the late 1970s, the 100-lb. Jacket Award recognizes participants who have lost 100 pounds or more. Each winner is honored at an award ceremony, where they are presented with a special jacket in front of their peers and staff members. During the past five years, 49 participants have received this honor.

Congratulations to all of you who have received a 100-lb. Jacket Award. This is a great accomplishment and we hope you continue maintaining your weight loss goals.

Graduate Week Winner!

We are pleased to announce Milton Hanks of Deer Park, Texas is the winner of a complimentary one-week Graduate Visit at Structure House.

Each quarter, the names of all participants who return their follow-up Participant Report are entered into a drawing for a complimentary one-week Graduate Visit. We appreciate your participation in our ongoing research designed to track the health changes of our participants.

Congratulations, Milton! We look forward to seeing you back at Structure House soon.



Structure House in the News...

Structure House was recently featured in the following news outlets:

- **Health** magazine ranked The Structure House Weight Loss Plan number one out of "America's Top 10 Healthiest Diets" in the January/February issue.
- Lee Kern was quoted in a **WebMD** story published on September 17.
- **Weight Loss Surgery (WLS) Lifestyles** – Lee Kern's bylined article, "Breaking the Stress Eating Cycle," appeared in the Fall 2008 issue.
- Marlene Lesson and Dr. Musante appeared as guests on **WRAL-TV** in Raleigh, NC on November 27 and December 23, respectively.
- **Redbook** – Structure House was included in the October 1 article, "One Minute to Better Health."
- Lee Kern was quoted in the article, "Plan Gives Dieters a Day Off Each Week" on November 26 and "Talk More to Avoid Stress Eating" on December 17 for **News Channel 5's** Web site, the ABC affiliate in Cleveland, OH.
- Dr. Musante was interviewed on **WPTF-AM** radio in Raleigh, NC on December 3.



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