



Start the New Year off right by attending one of our Successful Participant Weeks!

The Successful Participant Week consists of a weeklong set of classes to recognize and honor participants who are achieving their weight loss goals.

All eligible Structure House participants are encouraged to enroll in one of our Successful Participant Weeks. Additionally, participants who have lost at least 10% of their starting weight, and are on campus during the success week program, can enter a drawing to win \$250 off his or her next visit.

The remaining Successful Participant Weeks will be held on April 23, July 23 and October 29.

Embracing Long-Term Journeys

Dear Friends,

As we approach our 30th anniversary, I think it is a good time to reflect on the long-term journeys we have experienced together. We have all traveled great distances to be where we are now - physically, emotionally and mentally.

In this issue, we highlight and honor some special people who made the long journey with us. Three of our staff members will reach significant milestones this year. Virginia "Cat" Farrington and "Nurse" Nancy Freeman celebrated their 25th and 20th anniversaries, respectively. Lee Kern will be celebrating his 25-year anniversary at Structure House this December. In addition to staff anniversaries, we're excited to congratulate Lee Kern on his recent appointment to the Field Education Adjunct Staff at the University of North Carolina at Chapel Hill School of Social Work.

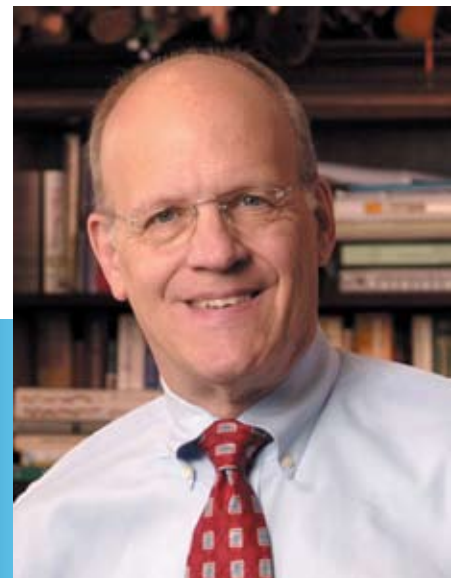
We also would like to honor participants who have committed to achieving long-term weight loss success. This month, you will read a motivational article by Lee Kern highlighting the various forms of success for our participants.

To help guide your journey toward success, you can now have many of the lessons you learned at Structure House right at your fingertips. I am proud to announce the publication of my book, The Structure House Weight Loss Plan. Available on March 27th, the book will provide the tools you need to maintain your weight loss goals.

We hope you enjoy life after Structure House and achieve your weight loss goals this New Year! As always, Structure House is here to support and guide you on your long-term journey toward success.

Sincerely,

Gerard J. Musante, Ph.D.



Dr. Musante

Shades of Success

By Lee Kern, M.S.W., L.C.S.W.,
Clinical Director

Not long ago, an article in a professional journal criticized the weight loss field as being stuck in too narrow a way of viewing success. This article stated that for decades now we have made the mistake of measuring success only in terms of pounds lost, and that when all we look for is pounds, we miss the many other ways that success manifests itself. I could not help but be moved by this message and the challenge that went along with it - to view success more broadly and support that with evidence.

Recently we launched the use of a "tell us about your success" form, inviting return participants to let us know about the positive changes they are making. The results have yielded an impressive illustration of broad based strategies and benefits of personal growth. Here are some examples:

I visit an athletic club daily where I use the pool, hot tub and sauna. I don't eat between meals in the daytime. This person has established a regular exercise program and has eliminated snacking.

I have a structured breakfast every morning. I use whole grain products now, and more non-animal protein. This is an example of improved diet content.

Having my husband stay structured has been significant in helping me stay structured. This illustrates the importance of arranging support from significant others.

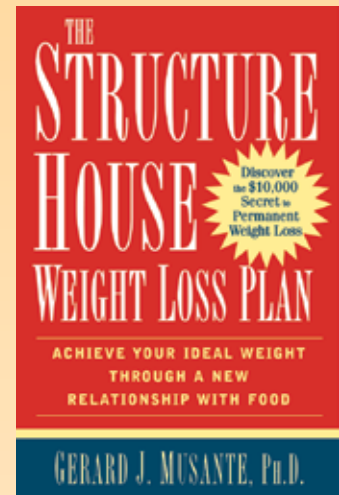
The next person is highlighted on our current Wall of Fame display. Her comments stress the value of self-care and assertiveness.

I now take care of myself first. At first I thought it selfish to think of myself first, but then I realized that by taking care of myself I have more to pass on to others.

In each case these are participants who achieved significant weight loss. Those pounds would never have been lost without the behavioral, lifestyle and internal changes they made. Success is more than pounds. Remember this general rule of thumb: keep the focus on the strategies, and the benefits will follow.



Lee Kern



Get Structured, Be Structured, Stay Structured

This is the theme for Dr. Musante's new book, which hits stores in March. Although it cannot replace the experience you get from the residential program, The Structure House Weight Loss Plan helps readers identify and change their relationships with food. Based on the proven concepts developed by Dr. Musante, the book offers approaches and guidelines for everyday life.

The new book will revisit the important components of long-term weight loss that you learned during your stay at the facility, including:

- A behavioral insight into why we overeat
- How to develop coping strategies for long-term weight loss
- Specific eating instructions for every meal (including instructions for eating out and at work)

The Structure House Weight Loss Plan will go on sale March 27th. You can pre-order your copy today at Amazon.com.

Structure House in the News...

Structure House was featured in a number of popular consumer publications this past winter.

- *Best Life* - Dr. Musante quoted in November Q&A about weight loss.
- *WebMD* - Dr. Musante quoted in November article, "Weight Loss: Does Willpower Matter?"
- *WLS Lifestyles* - an article by Lee Kern, 4th quarter issue, "The Food Diary: Your Partner to Success."
- *Glamour magazine* - Dr. Musante quoted in January article, "Hit Your Dream Weight Now!"
- *Health magazine* - Shula Lazarus quoted in January issue, article about weight loss.



Keep an eye out for upcoming stories about Structure House on newsstands. A success story featuring Christine Frazer is scheduled for an upcoming issue of *Quick & Simple* magazine. Both *Health* and *Self* magazines have articles featured in April about weight loss that will include quotes from Dr. Musante and other staff members. An article by Marlene Lesson will be published in an upcoming issue of *Today's Diet & Nutrition*.

30 Years and Counting... Structure House Celebrates 30th Anniversary this March

As we celebrate our 30th anniversary this spring, I would like to take the time to share a little more about our past, present and future. Each and every one of you has contributed to the growth and success of Structure House. We are happy to have made a lifestyle change with you.

When I began work at Duke Medical Center, I came to realize available weight loss treatments were inadequate. Back then, weight loss treatments consisted primarily of diets, and didn't even incorporate exercise or fitness. Once I began working with patients, I felt much more needed to be done. I wanted people to feel comfortable enough to talk freely about their relationships with food. I envisioned a residential environment where participants could engage in a variety of wellness programs under the nurturing guidance of a caring and knowledgeable staff.

It took a long time for this vision to become reality. When Structure House first opened in 1977, it consisted of an old house in downtown Durham where participants would go to enjoy breakfast. The first week, our 16 participants lived in nearby hotels, where they ate their other meals. At this time, a nutritionist and I were the only staff members. While I was close to realizing my ultimate dream, I knew I needed to build a team that shared my same beliefs and lifestyle approach for healthy eating.

Over the past three decades, my dream has developed into reality. Today, Structure House serves more than 70 participants a week at our 20-acre residential facility. Our staff members specialize in a broad variety of specialties from psychology to nutrition to fitness.



Researchers from all over the world travel to Structure House to learn about obesity and nutrition through our unique research program. With each passing year, we are developing more programs to help you stay "Structured for Life" and provide the tools you need to maintain your new lifestyle.

Most importantly, we have had the opportunity to help more than 30,000 people since we first opened our doors. Watching so many of you succeed in our program and make lifestyle changes has been an overwhelming experience. It has given me an extraordinary feeling of accomplishment. Thank you for helping to make my dream a reality.

I hope that Structure House has positively impacted your life as much as you have impacted mine.

Sincerely,

Dr. Musante

Stay structured and in-touch with our new cell phone program

We are pleased to announce an innovative new cell phone program that helps you stay on track and in touch with staff members after leaving the structured environment of Structure House. Starting this month, participants will have access to the new technology and a variety of tiered packages to fit specific needs.

The program runs on a cell phone, which guides you through each step.

A typical day would include:

- Taking your weight on your home electronic scale
- Using your cell phone to "capture" the weight reading
- Answering an interactive series of questions on your cell phone
- Receiving a customized text message on your phone in response to your data
- Viewing charts of your weight loss and other personalized information on a corresponding Web site

You can add telephone- or email-based support to your program, allowing you to communicate directly with a staff member on a regular basis. Ask about this exciting new tool during your next visit.



Graduate Week Winners!

We are pleased to announce that Diana Beck of Brooksville, ME, and Sandra Flagg of Simsbury, CT, are both winners of a complimentary one-week Graduate Visit at Structure House. Diana and Sandra were selected after completing and mailing in their follow-up survey questionnaires. Each quarter, the names of all participants who return their follow-up Participants 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, Diana and Sandra! We look forward to seeing you back at Structure House soon.



Structure House VIP

Over the past few months, Structure House has welcomed new staff members, celebrated milestone anniversaries and watched staff earn prestigious accomplishments. We will highlight five important staff members and congratulate them on their recent accomplishments.

We would like to honor **Lee Kern** for his recent appointment as adjunct professor at the University of North Carolina at Chapel Hill School of Social Work. Lee will remain part of the Field Education Adjunct Staff through 2010. Additionally, Lee will be celebrating 25 years with Structure House in December. He has been the Clinical Director at Structure House since 1982. Thank you for your dedicated support, Lee.

Virginia “Cat” Farrington celebrated 25 years of service with Structure House on October 12, 2006. Cat started out as a food server at the original Structure House, located in downtown Durham. After serving for just one week, Cat transitioned to the back of the house and has been a Structure House Lead Cook for more than 25 years. Congratulations, Cat!

“Nurse” Nancy Freeman celebrated 20 years of service with Structure House on June 30, 2006. Nancy also started at the original Structure House. “Nurse” Nancy is like a mother to everyone in the treatment team. It wouldn’t be the same without you, Nancy!

The staff at Structure House welcomes **Peggy Norwood**. She joined the team last October as Exercise Director, holding a B.A. from Duke University and a M.A. in exercise physiology from East Carolina University. Peggy also completed graduate studies in biomechanics at the University of Delaware. She previously held positions at Treyburn Country Club, Pritikin Longevity Center, and Duke University Diet and Fitness Center. Peggy is a certified Strength and Conditioning Specialist and Pilates Instructor.

Lynne Bas recently joined the staff as LEC Coordinator. Lynne will serve as the receptionist and concierge for exercise and massage services. She will coordinate scheduling of massage and personal training appointments and also serve as a liaison between staff, independent contractors and participants. She previously held several administrative positions and has a B.A. in philosophy from the University of San Carlos, Cebos, Philippines.



Cat Farrington



Nancy Freeman



Peggy Norwood