



Lessons of the Past, Present and Future

Dear Participants,

In order to truly become structured, we must determine what we have done in the past, what we are doing in the present, and how we are going to change it in the future. Learning from the past will help us reach present and future goals of achieving weight loss success.

In this issue, we explore one participant's journey toward successful weight loss and a happier life. Michelle Masterson shares inspirational experiences of her weight loss battle, and how she came to realize it was time to make a lifestyle change.

For those of you who were unable to attend our 30th anniversary celebration on March 26, we will share some memorable moments and photos in this issue. The celebration was a very special occasion for us, and we thank each and every one of you for helping us reach this milestone anniversary.

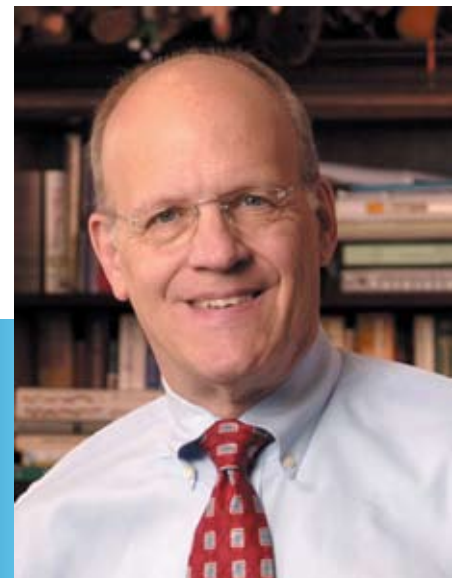
This issue will also provide you with tools you need to succeed in the future. We have developed a number of after-care programs that will help you stay structured at home. Diary feedback, therapy phone calls, and a new cell phone-based program will all help you reach your future goals.

I have enjoyed looking back on the past 30 years at Structure House and all of the wonderful people who have touched my life. I have used those experiences and that support to publish my book, *The Structure House Weight Loss Plan*, and I hope it will help you as you continue your weight loss journey. Now, we look to the future as we harness new technologies, like Structure HouseCalls and E-care, to support long-term weight loss. We look forward to creating new experiences at Structure House and finding new ways to manage the challenging process of lifelong weight maintenance.

We wish you the best of luck as you continue to work toward your ultimate goal. As always, Structure House is here to support and guide you through the past, present and future.

Sincerely,

Gerard J. Musante, Ph.D.



Dr. Musante

Sign Up For Remaining Successful Participant Weeks

The Successful Participant Weeks program 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. Participants who return for the success week and who have lost 10% or more from their starting weight are eligible to be entered into a drawing to receive \$250 off his or her next visit.

Congratulations to Melvin Anhalt of Houston, TX who won \$250 off his next visit to Structure House. We look forward to seeing you soon, Melvin!

The remaining Successful Participant Weeks will begin on July 23 and October 29.

On a lighter side... Structure House helps a successful participant conquer new challenges

Four years ago, Michelle Masterson could barely make it up a flight of stairs. Back then, she never could have imagined she would complete a triathlon.

When she was about to turn 30, Michelle realized she needed to make a change in her life. At 306 pounds, her health and spirit had started to fail. Her career was in cancer research, but her weight stood in the way of her own good health. She started researching weight loss options. Michelle knew the only way to succeed would be through a more comprehensive program where the focus was not on food alone. She wouldn't allow her weight to keep restricting her life.

Michelle's journey has seen its share of struggles and setbacks, but she has never given up on herself. "I really believe we all have the capacity for change within ourselves; I just needed to keep trying until I figured out what worked for me," said Michelle. For her,

the answer was therapy to evaluate her personal issues related to overeating, a complete lifestyle change and a dedication to exercise.

Today, Michelle is training for her second triathlon. She is only fifteen pounds away from her goal weight and says she is a whole new woman. Since her initial four-week program at Structure House, Michelle has made the trip from her hometown in Seattle to Durham for two follow-up visits. Michelle maintains a food diary to keep account of meals and receives valuable feedback from her therapist.

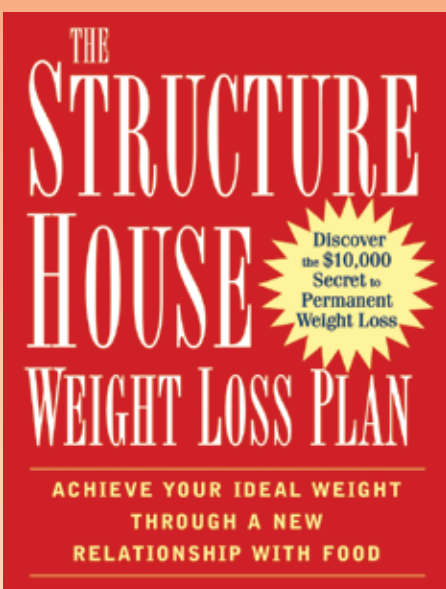
Michelle chose to take control of her own life. Weight loss is a rewarding challenge that Michelle faces everyday.

"For so long I was just watching the world go by and not really participating in my own life. Now I have nothing holding me back. I feel strong and healthy and know my body is fit and healthy. I am not limited by my size anymore and feel like I can do anything I set my mind to."

Michelle, before



Michelle, after



Dr. Musante's book, [The Structure House Weight Loss Plan](#) is now available. Post your review on Amazon.com.

We hope you enjoyed reading [The Structure House Weight Loss Plan](#). Please consider sharing your review of the book on Amazon.com. This may help others who also struggle with this problem and can improve general reaction to the book. You are in the best position to see the value of the book and we encourage you to share that message with others who need help. Thank you so much for your continued support!

To submit a review, follow these simple steps:

- * Go to www.amazon.com
- * Type "Gerard Musante" into the search field
- * Click on the link to the book
- * Scroll down toward the bottom of the Web page until you see the heading "Customer Reviews"
- * Click on this button and you will be prompted to log in (or sign up, if not already a member)
- * Enter your comments in the dialog box. It should be posted immediately

Still haven't picked up [The Structure House Weight Loss Plan](#) yet? Order your copy today at www.amazon.com. Bring it on your next visit to Structure House and have it signed by Dr. Musante.

I lost weight at Structure House... Now what?

Our mission is to help you achieve greater health and well being in your life. We know a visit to Structure House is only the beginning for many people. After arming yourself with the right information, insight, tools, and strategies, you must maintain the lifestyle changes and your new relationship with food at home. We know this can be challenging, so we're continually renewing our commitment to develop high-quality services that you can use from home to stay on track. Our Structured for Life programs offer home-based, personalized, and convenient access to support from the Structure House treatment staff.

Programs currently available to participants include:

- * **Structure House Diary:** Send in the tear-out section after completing a diary and receive written feedback and a new diary from a therapist at no charge.
- * **Not Home Alone Phone Support Program:** Purchase a package of (6) 20-minute phone calls with a therapist, renewable upon completion.
- * **Individual Therapy by Phone:** Continue or start 30- or 50-minute phone therapy sessions, with a therapist you choose.
- * **Structure HouseCallsSM:** Enroll in a new weight and antecedent monitoring system that uses cell phone technology to help you and our staff reliably and accurately track your progress and receive support from us. (You must register for this program while still on campus. Fees apply.)

New program in development:

- * **E-Care:** A support program that is totally accessible through the Internet, which allows you to evaluate your weekly progress, submit your responses to a Structure House therapist, and receive feedback via email after each submission.

We are excited to offer you support from Structure House no matter where you are. Please inquire about these services by phone or during your next visit.

Graduate Week Winners!

We are pleased to announce Laurie Lucinski of Tuscon, AZ is the winner of a complimentary one-week Graduate Visit at Structure House. Laurie was selected after completing and mailing in her 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, Laurie! We look forward to seeing you back at Structure House soon.



Structure House staff members present a special award to Dr. Musante

A day to remember...

As many of you know, Structure House celebrated its 30th anniversary in March. Current and former participants joined the Structure House family to commemorate this special occasion in Durham on March 26. U.S. Congressman David Price showed his support by discussing the value of Structure House in our community. Durham City Councilman Mike Woodard shared a letter of congratulations from Governor Mike Easley and officially declared March 26, 2007 as Structure House Day. North Carolina Legislator Paul Luebke and Durham City Councilman Eugene Brown were also on hand to congratulate Structure House.

Walter Reiling, a Structure House participant, shared an emotional account of his experience at Structure House. He discussed the challenges he faced and the success he has had during his weight loss journey. Attendees enjoyed a special performance called Treatment Team Jambalaya performed by Lee Kern, Nancy Freeman, Marlene Lesson and interpreted by Rebecca Grossfeld. They were then joined by other Structure House staff members to present a special award to Dr. Musante, honoring his 30 years of caring service and dedication to Structure House.

We would like to thank all of you who were able to participate in our celebration on March 26. To those of you who were unable to attend the anniversary celebration, we wish you continued success in your weight loss journey and hope to see you back at Structure House soon!



Durham City Councilman Mike Woodard congratulates Structure House on its 30th anniversary

Structure House in the News...

The celebration of our 30th anniversary and release of The Structure House Weight Loss Plan generated a lot of interest from the press. Coverage of the 30th anniversary celebration aired on UNC-TV's "North Carolina Now" show, along with WRAZ-TV, FOX50 and WRAL-TV CBS news segments on March 26. Dr. Musante also appeared on "Fox & Friends" on April 24, 2007 to talk about Structure House and the release of his new book.

Health magazine wrote an article about The Structure House Weight Loss Plan in the April issue. Additionally, Dr. Musante was quoted about keeping a food diary in the "Spa Weight Loss Secrets" article in the April issue of *Self* magazine. An article by Marlene Lesson on eating patterns and weight was published in the March/April issue of *Today's Diet & Nutrition*. Marlene also answered a reader's question about chewing food slowly in the "Ask the Experts" section of the same issue.

Dr. Musante has been featured as a guest on several radio programs across the country to talk to people about his new book. His most recent appearance was May 31, on WGSR-Atlanta 710 AM. He was interviewed during an evening radio program called, Dr. Fitness and the Fat Guy.

Structure House Welcomes...

Jill Elliott

Participant Services Director

We are pleased to welcome Jill Elliott to Structure House as Participant Services Director. Jill became part of the Structure House team on Monday, February 19. Jill's responsibilities include managing all aspects of the New and Graduate participant reservation process. Jill works with the Participant Services team to assure superior participant services from check-in through checkout as well as effective participant communication. Jill's background includes more than eight years of combined experience in the University and Specialty Markets/Corporate Sales and Hotel Operations in the areas of Front Desk Manager, Sales Manager, and Assistant General Manager.

Please join us in welcoming Jill to our team!



Jill Elliott