



Graduate & Success Week Winners!

Congratulations to Jennette Everett of Austin, Texas who won a complimentary one-week Graduate Visit at Structure House for returning her Participant Report follow-up questionnaire.

We are also pleased to announce Kimberly Fox of Los Angeles, Calif. won \$250 off her next visit to Structure House through the Successful Participant Week program.

The remaining 2009 Successful Participant Weeks will begin on July 27 and October 26.

Congratulations, Jennette and Kimberly! We look forward to seeing you back at Structure House.

New programs and tools offer you more ways to stay structured

Dear Participants,

Another year is flying by and I want to take this opportunity to congratulate you on your progress made in 2009. We understand the road to long-term success can be bumpy at times, which is why we are constantly developing new programs and services to help you achieve your weight loss goals.

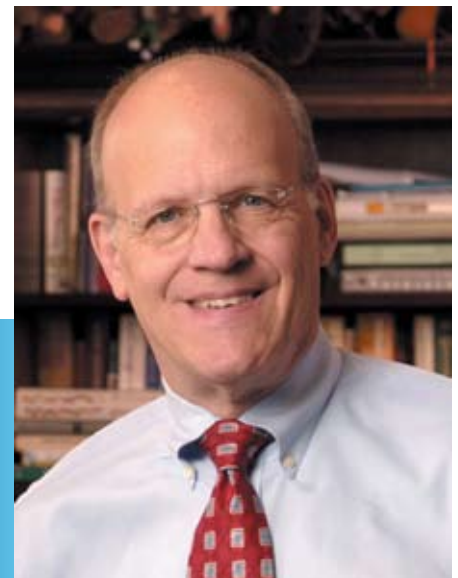
In this issue, we will reveal several initiatives we've been working on this year. Katie Rickel shares details about her new class on utilizing the Internet for social support. Marlene Lesson introduces two new workshops that will teach you how to reduce the risk of developing type 2 diabetes and managing metabolism as you lose weight.

In addition to these classes, we are expanding a few of our current programs. Katie Rickel, Geri Nelson and Carol Richman will discuss how they are enhancing the Mindful Eating program by designating a special table in the dining room. Melanie Sweazey explains how we are expanding the exercise program to help you achieve success at home.

We hope this issue provides you with the tools and support you need to achieve long-term success. Stay tuned for details on other programs in the works, such as E-Care and a 28-day online program. More details will be available in the next issue of Enlighten.

Sincerely,

Gerard J. Musante, Ph.D., ABPP



Dr. Musante

Finding power from within... How one participant found the strength to overcome her battle with weight

After regaining the 70 pounds Melissa Rosenberg lost in high school during her first two years in college, the then 21-year-old New Jersey native felt miserable in her own skin.

"I was completely lethargic, lacked self-confidence, overate at every meal and binged on a fairly regular basis," Melissa recalls. "I didn't know what to do."

Concerned about his daughter's health, Melissa's father began researching residential weight loss programs on the Internet. Intrigued by Structure House's three-part approach to weight loss, Melissa signed up for four weeks during the summer of 2007.

"Although I had lost weight on my own before, I felt unable to exercise that much 'willpower' again," Melissa says regarding her decision to enroll at Structure House. "I felt hopeless, and I really liked the idea of being able to spend a month at a 'safe' place, as far as food was concerned."

At 215 pounds, Melissa learned she had an "eating" problem, not a "weight" problem as she once believed.

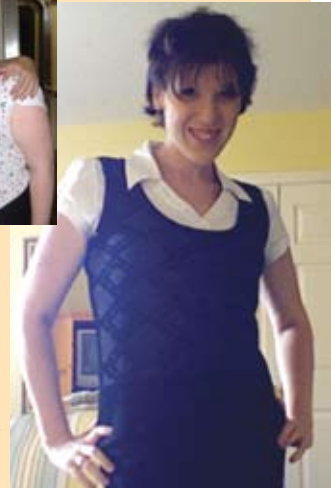
"I learned that food itself was not my enemy," Melissa says. "By following the Structure House program, I was able to stop using food as a tool to cope with stress or other unpleasant emotions. This shift was instrumental in allowing me to manage my weight."

In addition to losing 20 pounds, Melissa credits Structure House with helping her make several other positive changes in her life.

"I have much more energy now. I actually enjoy walking for the first time in my life! I am also more confident about my appearance. Before I lost weight, I always assumed that people were thinking about how 'fat' I was whenever they looked at me; this assumption was not a healthy foundation on which to build relationships. Now, I don't let my weight keep me from interacting fully



Melissa, before



Melissa, after

with other people."

Having battled obesity most of her childhood, Melissa states, "I love not having to shop at plus-sized stores anymore, and I like being able to eat without fear of 'losing control.'"

Since leaving Structure House, Melissa has lost a total of 73 pounds and continues to maintain her weight loss following the program at home.

The now 23-year-old Princeton University graduate is studying at the Institute for Integrative Nutrition in New York City. Melissa will begin practicing as a Health Counselor after receiving her certification from the American Association of Drugless Practitioners (AADP).

Structure House uses online resources to keep participants connected!

By Katie Rickel, Ph.D.

As part of our Support for Structure series, I developed a new class on Internet Resources for Weight Loss. During the class, participants learn how to utilize "Informational Support," a type of social support that entails gathering information on topics which are unfamiliar to them. To illustrate how the Internet can offer social support, I provide demonstrations of various weight loss support Web sites such as SparkPeople.com, social networking sites such as Facebook.com and Meetup.com, and physical activity Web sites, such as HealthClubs.com, where visitors can use a gym finder tool to locate a health club or fitness center in their area. Participants also learn how to use the Internet to find free stress management tools and how to locate a

psychologist in their hometown.

For those of you already familiar with the Web sites listed above, we encourage you to visit Structure House on

Facebook. We created the Structure House Facebook page earlier this year to help you stay connected to our staff and other participants. On our page, you can chat with staff, read our recent updates, and view our photo albums. We hope you'll join our other fans and visit us on Facebook soon!



Participants learn mindful eating techniques through new program

By Geri Nelson, M.S.W., Carol Richman, L.C.S.W., and Katie Rickel, Ph.D

Have you ever driven home from work and then realized you had no memory of the drive itself? Similarly, have you ever reached the end of a meal, looked down at your empty plate, and found you had no recollection of actually eating the food? This is a common experience and has been labeled "mindless eating." Our hectic modern lives can often lead to a lack of awareness of our actual experiences, which can be particularly problematic when we're trying to manage our weight. We need to be aware of why we eat, what we eat, when we eat, where we eat, and how much we eat.

Developing increased awareness of our eating is critical for long-term weight management, so Structure House has become dedicated to

training participants in a technique called "Mindful Eating." Mindful Eating is a well-researched approach that has demonstrated effectiveness in treating disordered eating, including binge eating disorder. Beginning last fall, we have led a bimonthly Mindful Eating class where participants bring a portion of their lunch and practice specific mindful eating techniques. The overall response has been extremely positive; participants who attend are often surprised at how much more enjoyable and fulfilling the eating experience can be when mindfulness principles are applied. Additionally, participants who completed the class have reported feeling more satisfied eating less food because they are able to tune in to the taste, flavors and textures of their meals.

To expand this program, Structure House will soon be designating a Mindful Eating table in the main dining room and twice a month will facilitate a Mindful Eating experience during the lunch hour. Participants will have the opportunity to practice eating their entire meal mindfully while our therapists provide guidance and facilitate discussion at the beginning and end of the meal. Participants will have to follow certain guidelines while sitting at the Mindful Eating table, including eating in silence, resisting the desire to socialize, and devoting full attention to the process of eating. After completing the class, participants will have the option to sit at this table any time they wish to practice mindful eating on their own.

Structure for Life Exercise Program now in session!

By Melanie Sweazey, M.A.

We are excited to share that Structure House debuted a new, cohesive exercise program on February 23. The Structure for Life Exercise Program contains 12 modules designed to condense essential exercise information into an 8-10 page manual that participants can take home. You will receive a new module for each of the core exercise classes you attend. Some of the titles include "Exercise: Getting Started," "Exercise Precautions," "Exercise Recommendations for Weight Loss," "Mechanics, Posture and Breath," and "Exercise: Return to Structure." Every module contains simple step-by-step instructions, along with helpful reminders, modifications and images for each exercise.

New participants must attend "Exercise: Getting Started" and graduate participants must attend "Exercise: Return to Structure" before enrolling in this program.

New and graduate participants are encouraged to take part in the Structure for Life Exercise Program. If you have any questions, please feel free to contact me at (919) 313-3136.



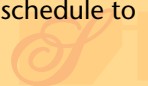
Structure House Introduces Two New Workshops

By Marlene Lesson, M.S., R.D., L.D.N., C.D.E.

Earlier this year, I developed two new workshops that are now being offered at Structure House.

The Diabetes Prevention Program (DPP) is a major clinical trial that has proven that making lifestyle changes during pre-diabetes has a dramatic impact in preventing type 2 diabetes. My new workshop, "Small Steps/Big Rewards: Diabetes Prevention is Proven, Possible, Powerful," will answer questions like, "What changes did the people in the DPP make to reduce the risk of developing type 2 diabetes by 58%?" and "How might such intervention during the pre-diabetes phase be particularly important in preventing possible irreversible damage to the heart and pancreas?" among many others.

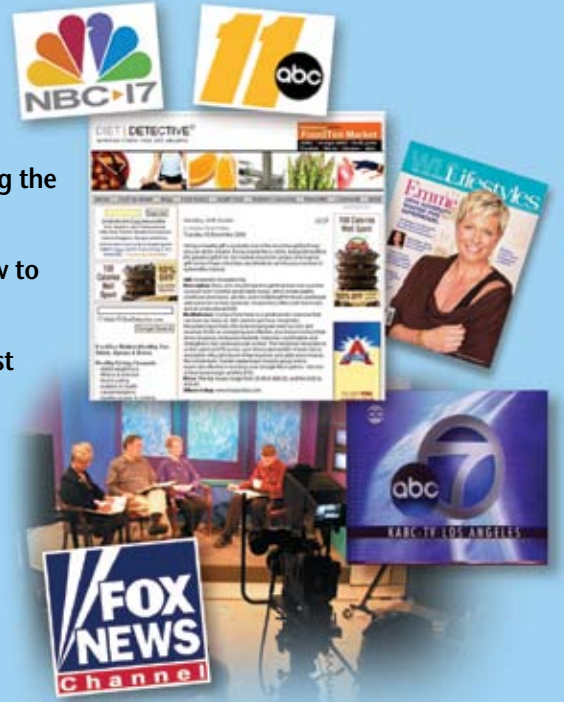
You might be surprised to learn that lean people have lower metabolic rates than those who are overweight. During the "Making the Most of Your Metabolism" workshop, I will teach you how to manage your weight as you get smaller without continually reducing calories or trying to find even more time in your busy schedule to work out.



Structure House in the News...

Structure House was recently featured in the following news outlets:

- Dr. Musante was interviewed for a story about Structure House as America's Healthiest Diet on **WNCN-TV**, the NBC affiliate in Raleigh, NC on January 31.
- **Weight Loss Surgery (WLS) Lifestyles** – Lee Kern's bylined article, "Facing the Stress of Success," appeared in the Winter 2008-09 issue.
- Dr. Musante was quoted in the **Diet Detective** article, "You're Fat! How to Tell Someone You Love," on January 2.
- Lee Kern was interviewed about Structure House as America's Healthiest Diet on **WTVD-TV** in Raleigh, NC on January 27.
- Dr. Musante was interviewed for a story on America's Healthiest Diets, which appeared on **KABC-TV** in Los Angeles on February 26.
- **FOX News** – Structure House was featured in a segment about America's Healthiest Diets on February 2.



www.structurehouse.com
 1-800-553-0052

3017 Pickett Road
Durham, NC 27705

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