



Get a Strong Start to the New Year: Focus on Your Best Health

Dear Participants,

Let me be one of the first to wish you a happy New Year and offer encouragement as you embark on another year for healthy weight management. Now is the perfect time for fresh starts or renewed efforts to lead a healthier lifestyle. Holiday parties and unstructured temptations are behind us and it's time to focus on YOU.

Throughout the year, it's so easy to get wrapped up in busy schedules, family and work that we often push our personal health to the back burner. Take some time this month to evaluate what is most important to you and what you need to lead the healthiest and happiest life possible. A structured plan is the best way to make the investment in yourself and stay on track.

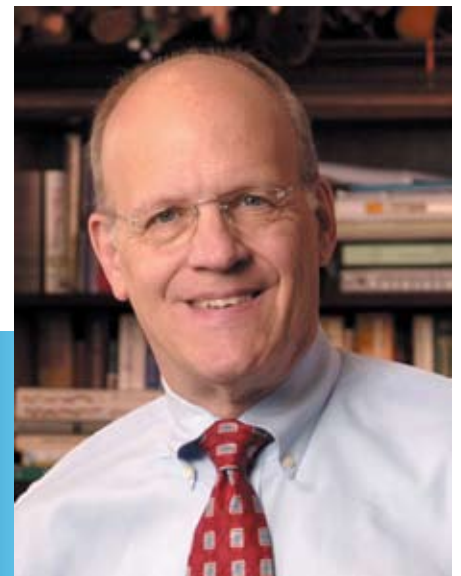
I believe 2010 will be a milestone year for the Structure House family with the introduction of several new programs and opportunities for participants to lose weight. I am very excited about the launch of our 28-Day Online Action Plan that will help participants experience the Structure House program at home and maintain weight loss after leaving campus. A number of other online programs are already well underway, including the Graduate Web site, E-Care, eGetgoing, Facebook and Twitter.

If you're struggling with too many extra pounds and thinking about choosing a weight loss program, I hope you will consider Structure House. Whether you're a graduate of the program or it's your first visit, our extremely talented treatment staff can help you customize a plan that fits your schedule and budget. Everyone has a personal relationship with food and we are constantly reviewing and updating our offerings to provide the best treatment for each individual.

I wish you good health and best wishes in the New Year. I hope to see you soon.

Sincerely,

Gerard J. Musante, Ph.D., ABPP



Dr. Musante

Virtual Program Coming Soon

The Structure House 28-Day Online Action Plan will be launching soon.

This innovative new program will offer interactive tools to help manage your daily activities, customized menu planning, exercises for all fitness levels, and daily tracking of weight loss and progress. Daily modules provide access to an online diary, message boards, videos, support from the Structure House staff, and explore your personal relationship with food and teach the importance of lifestyle change.

A New Beginning

One participant overcomes weight and health issues, and rediscovers her passion for life

After a blind date's hurtful words and rejection, Marci Waldman knew she had to do something about her weight. "I was not familiar with those words," Marci recalls. "That was the breaking point...no more fat!"

Although Marci was fit throughout her youth, she began struggling with her weight after giving birth to her two sons. Like so many, Marci had lost herself in the joy, and stress, of motherhood. "I was in love with being a mom, but my life was out of balance," Marci says.

Life stresses, including full-time motherhood and a divorce, were taking a toll. Prior to entering Structure House, she carried about 170 pounds on her petite 4'11" frame, and had multiple weight-related health concerns, including warning signs for Type 2 diabetes and higher risk for heart problems.

She read about Structure House while thumbing through an issue of *Spa Finder* magazine. However, the Denver, Colo., native had tried several programs, including Canyon Ranch and Pritikin, to no avail. "Having been through those

programs, I knew I needed something different, but really didn't know what I was looking for." After some initial research, Marci took a leap of faith and entered Structure House on Valentine's Day in 2000.

Since Structure House, Marci is maintaining her goal weight of 110 pounds, and seeing significant improvement in her health. She can keep up with her dog who likes to run during their walks and everyday movement is much easier. Now 55 years old, she has discovered carving out time for herself has enhanced her ability to be a great mother to her sons, now both adults. "They are a huge part of my life," says Marci. "I want to be a role model and teach them healthy habits, live longer, and be able to keep up and spend time with them."

With a renewed focus on maintaining a healthy life, Marci keeps active by working out with a trainer twice a week, riding her bicycle for errands, and using tennis, snowshoeing, hiking or walking for exercise. Marci has also developed a



Marci, before



Marci, after

passion for tap dancing, and has taken several jazz and tap classes at local universities.

"I believe 1,000 percent in the entire Structure House program and it resonates with me as if it is part of my values, my belief system," Marci says. "I have chosen this education and way of life as my future career." As proof of Structure House's impact, Marci, who has a master's degree in social work, will begin a program in February at Duke University's Integrative Medicine department to work toward a career as a Health Coach.

Graduate Web Site Popular Among Participants

Kelly Rowland, Internet communications manager

The graduate Web site (<http://grad.structurehouse.com>) launched this fall and is off to a great start. Participants now have a way to keep track of their diaries in an online format and forward completed diaries for a response from one of our therapists. In addition to the diary function, the Web site also contains videos from staff therapists, recipes from the Structure House cookbook, articles from staff, and much, much more.

One exciting feature is the message boards, where participants interact with each other to exchange tips and gain support from those who have been through the program. We hope the boards become a valuable tool for every participant as they transition from the program to home. We held a contest on the Web site before

Thanksgiving, asking participants to share their favorite healthy recipe or tip to stay Structured during a holiday centered on food.

As of November, the graduate Web site had more than 140 participants registered, and that number continues to grow each week. If you're not registered, here's how so you don't miss any of the fun! Participants can email: gradwebsite@structurehouse.com. Provide your name, date of birth, and address, and we'll send you login information.



New 3-Day Retreat a Hit: Participants Describe as Perfect, Excellent...

Teresa Tipton, participant services representative

Participants used these adjectives and more to describe the 3-day retreat Structure House hosted September 10-13. Seven men and women traveled from around the country to attend the weight loss and lifestyle retreat with the expectation to learn skills and gain tools to help them achieve lifelong successful weight loss.

The participants had the opportunity to spend three nights on our campus and experience many of the lectures and exercise classes taught in our 28-day program. Lectures were given on the topics of stress management, antecedent awareness, menu planning, nutritional planning and weight loss goals. The participants also enjoyed water exercise,

gentle yoga and a guided walk.

After a full day of exercise, lectures and structured eating in our dining room, everyone received a massage and had a chance to relax and enjoy a movie. Also included in the package were individual sessions with one of our nurses and a dietician, a personal training session, and two individual therapy sessions.

We received rave reviews on the program. "I needed new tools to motivate me for a new future. Health is my main concern. My expectations were met and then some," said one participant. Other attendees exclaimed, "Classes were great, excellent...could not have been better!" And, "Stress Management was wonderful!"

The attendees did not go home empty-handed. We provided tools to help make them successful and continue their journey. Everyone received a Structure House book, all of the Structure House recipes on a CD, exercise and nutrition plans, and, very importantly, six follow-up phone sessions with a therapist.

The next 3-day retreat, scheduled for January 21-24, 2010, is already sold out. We will be hosting additional retreats April 22-25, July 15-18 and October 14-17, 2010. Our goal is to continue to grow and expand this very successful program. To make a reservation, please call Participant Services at 1-800-533-0052.

Structure House Presents Research at Annual Obesity Society Meeting

Jen Pells, Ph.D., Structure House psychologist

In our 32nd year of service, one way we strive to stay current is with a presence at annual meetings devoted to disseminating the latest research on the science and practice of weight management. In October, Lee Kern, Peggy Norwood, and I attended Obesity 2009, the annual scientific meeting of The Obesity Society, where we presented research (derived from data collected from you!) in posters entitled:

- *Response to Weight Loss Treatment among Severe Binge Eaters with Obesity: Implications for an Integrative, Intensive, Residentially-Based Treatment Model*
- *Rapid Improvements in Hemoglobin A1c and Cardiometabolic Risk Factors during Brief Lifestyle Intervention among Individuals with Obesity and Type II Diabetes*
- *Post-Surgery Regain: A Profile of Residential Treatment Seekers*

While the "key ingredients" of long-term weight control haven't changed much (there's no escaping self-monitoring, weighing, and structuring your meals, exercise, and activities), advancements in our understanding of the nature and treatment of obesity are achieved each year. Here were some interesting research findings from the meeting:

"Look Ahead," the largest ongoing study of behavioral weight management, found that continued participation in treatment (by phone, support group, "booster visits," etc.) after the initial intensive treatment phase is essential for many people to maintain their weight loss. In this study, ongoing participation

was a critical factor in predicting who maintained versus regained their lost weight (Wadden et al., 2009).

In fMRI imaging studies, overweight/obese individuals showed greater brain activation in areas related to reward and pleasure when presented with food cues compared to lean individuals, and less activation of brain areas that inhibit behavioral impulses, such as cravings to eat (Volkow, Wang, Fowler, & Telang, 2008). Findings like these suggest that regularly training oneself to delay or tolerate urges and cravings can improve activation of the inhibitory parts of the brain. Mindfulness practice is a technique that can help develop these skills.

Graduate and Success Week Winners!

Congratulations to Jacquelynne Caplan of Sacramento, Calif. 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 Margaret Reda of Winnipeg, Canada won \$250 off her next visit to Structure House through the Successful Participant Week program. The 2010 Successful Participant Weeks will begin on January 25, April 26, July 26 and October 25.

Congratulations, Jacquelynne and Margaret! We look forward to seeing you back at Structure House.



Structure House in the News...

Structure House was recently featured in the following news outlets:

- **Behavioral Health Central** – Lee Kern authored the Professional Perspectives column, “Managing Emotional Eating,” published on August 27.
- **Weight Loss Success (WLS) Lifestyles** – Lee Kern’s bylined article, “Corporate Weight Loss Strategies at Work” appeared in the fall 2009 issue. Contact Structure House to find out how you can get a \$5 discount for a subscription to this magazine!
- **Behavioral Health Central** – Dr. Musante authored the Professional Perspectives column, “Making the Most of the Recession: Focus on Losing Weight,” published on September 25.
- **RecipeLion.com** featured Marlene Lesson in a four-part series about healthy eating in October.
- Dr. Musante was a guest on several radio shows in November and December discussing healthy eating tips and ways to stay structured during the holidays. He appeared on the following stations: In the Tampa Bay area, **Peak Performance Radio** on November 21. **KGMI-AM** in the Seattle area on December 5. **KBKW-AM** in the Seattle area on December 15. In Atlanta, **Dr. Fitness & the Fat Guy** on December 10.
- Be sure to pick up the January issue of **Health** magazine. Dr. Musante will be quoted in an article about healthy habits for weight loss.



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