

Monday

- 7:00AM–7:50AM** Guided Walk
- 8:45AM–10:00AM** New Participant Orientation
- 8:45AM–9:25AM** Graduate Welcome and Introduction
- 9:00AM–9:50AM** Nutrition To-Go (3-Part Series): Mindful Eating Self-Assessment
- 9:30AM–10:00AM** New Participant Nutrition Orientation
- 10:00AM–10:20AM** Morning Meditation
- 10:00AM–10:50AM** Interval Training
- 11:00AM–11:50AM** Healing from Binge-Eating
- 11:00AM–11:50AM** Water Fitness
- 11:00AM–11:50AM** Zumba
- 11:50AM–12:00PM** Metabolic Walk with Nan
- 12:00PM–12:15PM** Journal Check-In with CEO, Dr. Katie Rickel
- 1:00PM–1:50PM** Healthy Weight Management (3-Part Series): Making the Most of Your Metabolism
- 1:00PM–1:50PM** Getting Structured
- 1:30PM–2:00PM** Fitness Equipment Demonstration
- 2:00PM–2:50PM** Fitness Restructured
- 2:00PM–2:50PM** 8 Steps to a Pain-Free Back
- 3:00PM–3:30PM** Introduction to Structure House Menus and Choices
- 4:00PM–4:45PM** Water Fitness
- 6:30PM** Target Outing

Tuesday

- 7:00AM–7:50AM** Morning Meditation
- 9:00AM–9:50AM** Shopping Smart, Part 2: How to Choose Dairy Products and Eggs
- 10:00AM–10:50AM** Chair Cardio and Strength
- 11:00AM–11:50AM** Mindful Eating with Indulgent Foods
- 11:00AM–11:50AM** Step and Strength
- 11:50AM–12:00PM** Metabolic Walk with Christine
- 12:00PM–12:15PM** Journal Check-In with CEO, Dr. Katie Rickel
- 1:00PM–1:50PM** Happiness Mojo
- 2:00PM–2:50PM** Drums Alive
- 2:00PM–2:50PM** Mechanics of Posture and Breath
- 3:00PM–3:50PM** Support Groups
- 4:00PM–4:50PM** Self-Monitoring and the Journal: The Tool for Success
- 4:00PM–4:50PM** Preparing for Optional Restaurant Outing
- 4:00PM–4:45PM** Water Zumba
- 7:00PM–7:45PM** Yoga Stretch

Wednesday

- 7:00AM–7:50AM** Guided Walk
 - 9:00AM–9:50AM** Nutrition in Action (3-Part Series): Tasty Tips for the Kitchen
 - 10:00AM–10:50AM** Circuit
 - 10:00AM–10:50AM** Writing Group: Write It Down
 - 11:00AM–11:50AM** Water Fitness
 - 11:00AM–11:50AM** Art Therapy: Origami Insights
 - 11:50AM–12:00PM** Metabolic Walk with Katie K
 - 12:00PM–12:15PM** Journal Check-In with CEO, Dr. Katie Rickel
 - 1:00PM–1:50PM** Read, Relate, and Reflect
 - 2:00PM–2:50PM** Resistaball Free-4-All
 - 2:00PM–2:30PM** Group Coaching
 - 3:00PM–3:50PM** Nutrition Essentials
 - 3:00PM–3:50PM** Overcoming Obstacles to Exercise: Exploring Barriers to Fitness and More
 - 4:00PM–4:45PM** Water Fitness
 - 7:00PM–8:00PM** Overeaters Anonymous
 - 7:00PM–7:45PM** Sleepy-Time Stretch
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Thursday

9:00AM–9:50AM Personalized Meal Planning
9:00AM–9:50AM Endocrinologist Presents
(3-Part Series): Weight and Glucose Metabolism
10:00AM–10:50AM Chair Cardio and Strength
10:00AM–10:50AM Designing Your Fitness Routine
11:00AM–11:50AM Ask the Experts: Katie and Lee
11:00AM–11:50AM Water Kickboxing
11:50AM–12:00PM Metabolic Walk with Katie R

12:00PM–12:15PM Journal Check-In with CEO, Dr. Katie Rickel
1:00PM–1:50PM The Loser's Mindset
2:00PM–2:50PM Eating in the Real World
(3-Part Series): Structured Eating in the Real World
2:00PM–2:50PM Soft Zumba
3:00PM–3:50PM Support Groups
4:00PM–4:45PM Water Fitness
6:15PM Supermarket Tour

Friday

9:00AM–9:50AM The Leaving Class
(Weekly, for participants leaving this weekend)
10:00AM–10:20AM Meditation
10:00AM–10:50AM Drums Alive
11:00AM–11:50AM Intentional Eating
(3-Part Series): Charting Success
11:00AM–11:45AM Water Circuit
11:50AM–12:00PM Metabolic Walk with Ben

12:00PM–12:15PM Journal Check-In with CEO, Dr. Katie Rickel
1:00PM–1:30PM Nutrition Bites: Structured Snacks
2:00PM–2:50PM Core Strength and Mobility Stretching
2:00PM–3:50PM Hands-On Cooking Demo with Chef John
4:00PM–4:50PM Body Flow
7:00PM–7:45PM Dance Party

Saturday

10:00AM–10:50AM Zumba
11:00AM–11:50AM Aquabata
1:00PM–1:45PM Stretch

1:30PM–4:30PM Mall Outing: Streets at Southpoint
(Register on information board)
7:00PM Saturday Night Movie

Sunday

10:00AM–10:30AM Overeaters Anonymous: Newcomers
10:30AM–11:30AM Overeaters Anonymous: Regular Meeting
11:00AM–11:45AM Water Fitness

3:00PM–3:50PM Zumba Gold
4:00PM–4:45PM Hatha Yoga
7:00PM Sunday Night Movie

Residents who are part of Structure House's multidisciplinary program receive robust nutrition education and experiential support, and they collaborate with dietitians to develop realistic and palatable meal plans to use within the community. Our skilled fitness professionals provide instruction and encouragement to help increase residents' daily activity levels while minimizing pain and discomfort. Each behavioral health professional addresses any behavioral, motivational, or emotional barriers that may prevent weight loss.

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