

OSF Saint Francis

WEIGHT LOSS CENTER



A Journey of a thousand miles must begin with a single step. – LAO TSU

If you are ready to begin your weight loss journey, take your first step by calling the OSF Saint Francis Weight Loss Center at 309-282-1612 or email OSFWeightLossCenter@osfhealthcare.org.

 **OSF**
SAINT FRANCIS
MEDICAL CENTER

GETTING STARTED

Americans weigh more now than ever before. Latest reports say that more than half of us are overweight or obese. How did we get that way? More importantly, how can we change?

Heart disease, high blood pressure, high cholesterol, diabetes, and certain cancers have all been linked to poor diet, inactivity, and being overweight. Keeping your weight in a normal range can help cut your risk for these problems. If you already have health problems, losing weight can help you keep them in control.

No two people are the same and what works for others, may not work for you. That is why OSF Saint Francis Medical Center has many programs that fit all styles of learning and will help you on your way towards permanent weight loss.

You may have been thinking about losing weight and making a positive change in your life for some time. You might have even tried other programs before. Don't give up, keep trying. We want to help you get started today. Read on to find out how to take your first steps.

To get started, call 309-282-1612 or email OSFWeightLossCenter@osfhealthcare.org



Behavioral Weight Loss

Learn how to add healthy habits to your lifestyle for permanent weight loss success. Our dietitians, exercise specialists, and other professional staff will guide you either in a group setting (LEARN® Program, HMR® Program), or individually (Coaching). Attend a free information meeting to learn about your options. Information meetings are held weekly.

To sign up, please call 309-282-1612, or e-mail OSFWeightLossCenter@osfhealthcare.org.

Surgical Weight Loss

To learn more about weight loss surgery and find out if you qualify, attend a free information meeting. We will discuss the different types of surgery, and the steps leading up to surgery. You will also learn about our three surgeons so you can decide which surgeon is right for you.

To receive a free packet of information and meeting dates, please call 1-888-627-5673 and pick option 5.

Medical Weight Loss

If you have multiple medical problems, or have a lot of weight to lose, our medical staff will work with you for rapid weight loss (HMR® Program) while monitoring your health and any medications you may be taking. Attend a free information meeting to learn about your options. Information meetings are held weekly.

To sign up, please call 309-282-1612, or e-mail OSFWeightLossCenter@osfhealthcare.org.

Charlotte Cramer has lost 130 pounds following weight loss surgery. The OSF Weight Loss Center offers a variety of programs to help you lose weight with or without surgery.

NUTRITION & FITNESS COACHING



"The OSF staff has provided me with tools to help meet my weight loss and fitness goals. I've been taken off one diabetes medicine, improved my fitness level, and lost 23 pounds - I feel fantastic!"

— Becki Leucht

Pictured with Jaymie Doty, Exercise Specialist.

Get your own dietitian and exercise specialist to guide you through your weight loss journey. During these one-on-one sessions, your nutrition coach will help you make changes to your diet for healthy weight loss without a restrictive diet. Your fitness coach will set up a plan for exercise that is challenging, but realistic and doable for you. You choose the number of sessions. You don't have to be a RiverPlex member to participate, but you can add a 3-month membership for \$99. The pricing guide below does not include membership. Reduced rates are available for couples or small groups.

Nutrition Coaching Punch Card

1 session.....	\$60
3 sessions.....	\$99
5 sessions.....	\$150
10 sessions.....	\$275

Fitness Coaching Punch Card

1 hour.....	\$45
3 hours.....	\$115
5 hours.....	\$185
10 hours.....	\$350

We highly recommend Bod Pod Testing before and after your coaching sessions!

Bod Pod Body Composition System

The Bod Pod is the most accurate body composition assessment device available on the market today. You should do a Bod Pod test before starting your program to make sure you lose weight in a healthy way. Anyone could have a Bod Pod done, even if you don't join a program. This safe and quick test will tell you...

- the amount of body fat and lean body tissue.
- an estimate of your metabolic rate, or the number of calories you need to eat each day.

Price: 1 test \$35 or 3 tests \$75

Call 1-888-627-5673 to schedule and appointment.



THE LEARN[®] PROGRAM FOR WEIGHT MANAGEMENT

L LIFESTYLE
E EXERCISE
A ATTITUDE
R RELATIONSHIPS
N NUTRITION



As a participant in the LEARN[®] program, you will become a student of your own unique behaviors and master new skills that will result in permanent lifestyle change. This is not a typical "diet" approach to weight loss. The five key elements of the LEARN[®] Program are: Lifestyles, Exercise, Attitudes, Relationships, and Nutrition. The program includes:

- **Group Support:** 15 weekly meetings. You will weigh in each week, learn from other group members, and keep each other motivated.
- **Body Composition Tests:** You will have two Bod Pod assessments to measure your success.

- **Book:** "The LEARN[®] Program for Weight Management", by Kelly D. Brownell, PhD, continues to be the most scientifically tested and widely used weight loss manual available today.



- **Health & Wellness Assessments:** You will complete two health screenings that measure cholesterol, fasting blood sugar, and give you a comprehensive assessment of your lifestyle.

- **Step Counter:** A helpful device to help you measure and improve physical activity.



- **Professional Guidance:** Weekly meetings are facilitated by a registered dietitian and exercise specialist.

Price: \$249

"My cholesterol dropped 46 points since March...the lowest it has ever been since I have been keeping track since 1994. My LDL is also the lowest since 1994. The nurse said I had the BP of a teenager! Thanks for your motivation through our class."

– LEARN[®] Participant

"The LEARN[®] program not only has helped me lose the weight that I needed to lose (and then some), but has taught me how to sustain that weight loss through a lifestyle change. I have learned valuable things about eating healthy, exercising and 'right thinking' that have helped me lose weight and greatly improve my overall health."

– LEARN[®] Participant

"I lost...a total of 24.7 pounds...I am so excited! I have had no knee pain this winter. Usually, each winter I suffer with knee pain in my left knee due to arthritis and extra weight. My knee doctor has told me that for each pound I lose that takes 4 pounds of pressure off the knee so that is nearly 100 pounds of pressure off my knees. WOW!"

– LEARN[®] Participant

HMR® PROGRAM FOR WEIGHT MANAGEMENT™



The Healthy Solutions® Diet, pictured here, shows the minimum amount of food for one full day. Meals are affordable, filling, and delicious!

Health Management Resources (HMR®) is a state-of-the-art weight-loss treatment program that provides intensive lifestyle education, personalized attention and follow-up, and an emphasis on long-term weight and health management. HMR® offers a variety of diet options appropriate for anyone wanting to lose 10-200 or more pounds. All clinic programs include:

- **Phase I (Core):** In a weekly support group, you will learn specific strategies for weight loss, keep simple records, and create goals. Each week, a nurse will measure your weight and blood pressure.
- **Phase II (Maintenance):** After the weight loss phase, you will attend weekly group meetings that will support you in practicing your new habits for long-term weight management.

HMR® Program Options

All HMR® diets use meal replacements (weight-loss shakes, entrees, soup, multigrain cereal, and nutrition bars), and physical activity to maximize weight loss and provide optimal nutrition. HMR® diet plans are offered in several formats:

- **Decision-Free™ Diet:** Medically supervised low- or very low-calorie diet promotes rapid and significant weight loss under medical supervision. Ideal for those who need to lose 30 pounds or more, or for those whose health requires medical monitoring.
- **Healthy Solutions® Diet:** Moderate diet offered with or without medical supervision. This program includes meal replacements as well as fruits and vegetables.
- **HMR at Home® Diet Kits:** If your schedule doesn't allow you to attend on-site classes, these kits will provide you with everything you need to do the program from home. Kits include HMR® foods and support materials

Price: Varied based on your program option. Please call to set up your free orientation or email OSFWeightLossCenter@osfhealthcare.org.



"I can't believe I wore a size 24. Now I wear a size 14! Shopping for clothes is fun again! I am a new person. With the help of God, family, and the HMR staff, I have lost 115 lbs.! The new me has abounding energy to play with my new grandson and take long walks with my dog. I have learned new eating habits which include enjoying lots of fruits and vegetables! It has been an awesome journey!

– Pam Schmidgall, HMR® Program Participant



OSF SAINT FRANCIS SURGICAL WEIGHT LOSS CENTER OF EXCELLENCE

Candidates for weight loss surgery are highly motivated people who want to regain their life through weight loss surgery. To qualify you must have a Body Mass Index (BMI) of over 40 with no medical problems or a BMI of 35-39 with several medical problems. Our surgeries include Roux-en-y, Duodenal Switch, Lap Band, and Gastric Sleeve. OSF Saint Francis Medical Center and Peoria Surgical Group work together as a comprehensive highly trained team of surgeons, nurses, nutritionists, exercise specialists, and psychologists who will guide you through your transformation to a new healthy lifestyle. Our team is committed to the highest level of medical care and surgical skill. We want you to succeed in having better health and a better quality of life after surgery.

To receive a free packet of information about our program, please call 1-888-627-5673 and pick option 5.

Lap Band Patient



Before



After

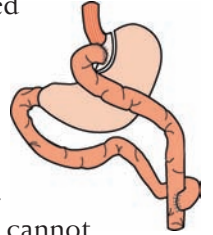
"I am currently down 121 pounds. The weight loss comes from the band, the program, and the people at the Bariatric Program. The band was the tool that helped me follow the program. The people then gave me the guidance and continued support that I need. I tried to lose the weight for years and began to feel so hopeless. This really helped me get my life back! I can't begin to thank everyone enough for all that's been done for me! It's so nice to feel "normal" again!"

– OSF Saint Francis Lap Band Patient

Surgery Options

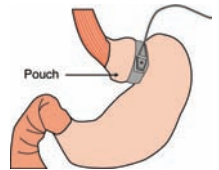
Roux-en-y Gastric Bypass

The stomach is stapled to make a smaller pouch and then a part of the intestine is attached to the small stomach pouch. The result is that you cannot eat as much and you absorb fewer nutrients and calories from your food.



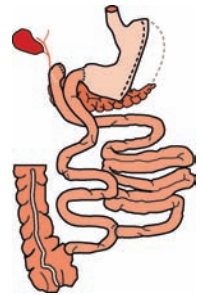
Lap Band

The Lap Band system includes an adjustable band that is placed around the stomach. The result is that you cannot eat as much food.



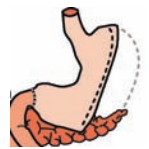
Duodenal Switch

The stomach is formed into a sleeve and part of the small intestine is stapled. The intestine is brought up and attached to the stomach. The result is that you cannot eat as much and you absorb fewer nutrients and calories from your food.



Gastric Sleeve

The gastric sleeve is the newest option, in which the stomach is formed into a tube. The result is that you cannot eat as much food.



RIVERPLEX MEMBERSHIP



RiverPlex Membership

OSF Saint Francis is proud to be a part of RiverPlex, a state-of-the-art wellness and recreation center located on the beautiful riverfront in downtown Peoria. In collaboration with the Peoria Park District, this facility offers the community unsurpassed opportunity to improve health and well being in a medically based fitness center. A RiverPlex membership will give you full access to group exercise classes, elevated 1/8 mile running track, a wide variety of aerobic equipment, selectorized and free weights, basketball, volleyball, indoor water park with four pools, spinning studio, steam room and sauna, and much more.

Call 309-282-1700 or visit www.riverplex.org to learn more, and to become a member.

Exergaming Studio

The RiverPlex Recreation & Wellness Center features the XR Game Zone, an exergaming studio that allows people of any age to exercise in a safe, fun, and exciting place! Get your family off the couch and away from traditional video games. These games use your body as the controller and allow you to compete against the computer itself, a peer, or a group. Exergaming is a fun way to spend time with your family, without knowing that you are exercising!



MEDICAL EXERCISE PROGRAM

Medical Exercise Program

This medically based exercise program is designed for individuals who have an identified need to be under the supervision of a registered nurse during exercise. By being part of the program you can have comfort in knowing there are health professionals, including registered nurses, exercise specialists, and a registered dietitian on your team. Our nurses are trained in cardiac life support and are able to handle emergency situations.

What's included:

- **Group Exercise Classes:** Including warm-up, calisthenics, aerobics, strength training, and cool-down with stretching.
- **Medical Supervision:** Your blood pressure and/or oxygen saturation will be measured to ensure you are safe during exercise.
- **Health Education:** Learn about various health topics on the 2nd and 4th Wednesday of every month.
- **Socialization:** Meet new people and attend various social events throughout the year.

- **RiverPlex Membership:** You can participate in any RiverPlex activity during the OSF Saint Francis hours of operation.

Price: RiverPlex monthly membership rates apply.



ARE YOU READY?

The best time to begin a weight loss program is when you are highly motivated. When you are *truly ready* to make changes to your daily life, any new healthy habits that you begin will more likely "stick". To find out if now is a good time to start, ask yourself the questions to the right, and be honest in your answers.



1. Compared to previous attempts, how motivated are you to:
 - a. Make changes to your eating habits?
 - b. Begin exercising, and continue exercising for 1 year or longer?
 - c. Stay committed to a program for the time it will take to reach your goals?
2. Think about how much weight you hope to lose, and how quickly you hope to lose it. If it is reasonable to lose 1-2 pounds per week, how realistic is your expectation?
3. For long-term weight control, you need to spend time everyday trying to change your eating, exercise, and thinking habits. How confident are you that you can devote this amount of effort, both now and over the next few months?

To get started, call us at 309-282-1612, or email OSFWeightLossCenter@osfhealthcare.org.



Teaching handouts from OSF Saint Francis Medical Center are not medical advice nor are they to be used in place of proper medical care. If you have any questions or concerns about your health or well-being, please talk with your doctor or healthcare provider who knows you best.

References: Brownell KD, Hager DL, Leermakers E. The Weight Loss Readiness Test II – 2004, version 4.1. Dallas, TX: American Health Publishing Company.