

## DEVELOP HEALTHY HABITS

## “Fun 2B Fit” for Families Really Works



■ Jennifer Justus, RN

Are you concerned about your adolescent's health? Maybe he doesn't eat as well as he should or she doesn't get as much physical activity as she should.

Aultman has created a family-centered program that meets weekly for four weeks to help parents and adolescents learn a healthier lifestyle.

“The goal of Fun 2B Fit is to learn good nutrition, increase fitness and increase self-esteem,” said Aultman Weight Management Director Jennifer Justus, RN. “And it's all in a fun, interactive atmosphere with a travel-themed journey toward health and wellness.”

The four-week educational program is for ages 8-15 (grades 3-10) and their parents. Classes are held from 6-7:30 p.m., one day a week, the first four weeks of each month.

“We will enroll kids on a monthly basis for each four-week session (weeks 1-4 and weeks 5-8),” said Justus. “Adolescents have the option to take a break between sessions, too.”

The cost is \$50 per child, per four-week session. Parents must be present at each class.

Call Aultman Weight Management at 330-491-1670 for more information or to register your family.



## What Previous Participants are Saying...

*“The biggest take away is developing healthier eating habits and physical activities as a family. We now tend to eat healthier, especially snacks, and pay attention to food labels.”*

*“The realization that food is – and should be – only fuel and nothing more changed our perspective on everything.”*

*“I eat healthier things and exercise more.”*

*“I learned to control my portion sizes and when to eat.”*

*“Now, I eat to live and not live to eat.”*

## HEALTHY SCHOOL LUNCH CHOICES

by Sarah Leffler, a registered and licensed dietitian at Aultman Weight Management

Children (and adults!) who eat a healthier lunch with lean protein and complex carbohydrates can:

- Feel more satisfied
- Avoid an afternoon slump
- Focus better on schoolwork
- Feel less hungry after school
- Maintain weight by avoiding excess calories

## IMPORTANT THINGS TO REMEMBER

- Pick whole-wheat bread or an 8-inch tortilla instead of white bread.
- Take deli turkey or ham instead of salami or bologna.
- Choose grilled chicken instead of fried.
- Order lite dressing instead of regular.
- Use mustard or ketchup instead of mayo or dips.
- Pack your lunch to better control the meal.
- Choose chips or fries no more than once a week.
- Limit starches to two servings at lunchtime (1 serving equals 1 slice of bread; ½ bun; 1 small dinner roll; ½ bagel; ½ cup potatoes, rice or pasta).

## BALANCE YOUR DIET

- If you eat chips or fries, remove one slice of bread (or half a bun) from your sandwich or burger.
- Add tomato and lettuce to sandwiches, burgers and tacos.
- Include either a small salad with lite dressing, a side serving of veggies or a piece of fruit.

## THINK SIMPLE

- A plain burger (no cheese) is a better choice than processed or breaded foods, such as a hot dog, chicken fingers or nuggets, mozzarella sticks or pizza.
- Choose low-fat white milk (no flavored milks) or water instead of sugary sodas or energy drinks.

## MAKING COMMON LUNCH ITEMS HEALTHIER

- **Burgers:** Hold the cheese, add lettuce and tomato and remove half of the bun (eat open faced).
- **Spaghetti and meatballs:** Spaghetti counts as starch, so skip the bread. Choose marinara over buttered noodles and add a salad with lite dressing.
- **Chicken nuggets, patties or fingers:** Use ketchup or barbecue sauce for dipping. These are already breaded, so skip extra bread or rolls and add a vegetable or salad.
- **Pizza:** Blot off excess fat and remove pepperoni. Choose veggie toppings and thin crust when possible. Leave the crust.

Source: KidsHealth.org

## Obesity Epidemic Gets No Respect

by Allison Oprandi, MD, family medicine physician and Aultman Hospital Chief Medical Officer

Would we be acting if there were an infectious disease that:

- Doubled or tripled in prevalence.
- Was afflicting 25-30 percent of children.
- Had a lifelong, potentially life-threatening impact?

Childhood overweight and obesity are the epidemics that get no respect. Numerous stories feature pictures of overweight toddlers and demonize the fast-food industry, but what's really being done to fix the problem?

According to the American Heart Association (AHA), about one in three American children or teenagers is overweight or obese, a sharp increase in the last two decades. In addition, we are now seeing obese children with complications of obesity that were previously limited to adults, such as:

- Type 2 or “adult” onset diabetes
- Hypertension
- High cholesterol and triglyceride levels
- Coronary artery disease
- Gallbladder disease
- Sleep apnea and breathing problems

Overweight children are at increased risk of developing heart disease. In fact, one recent study reported at an AHA scientific session showed that obese teens with high triglyceride levels have arteries similar to those of 45-year-olds.

“CALORIES HAVE BECOME TOO CHEAP AND EASY TO FIND.”

Additionally, there are psychological effects. Obese children are more prone to low self-esteem, negative body image and depression.

Why are we seeing this overweight epidemic now? Experts agree the majority of overweight problems are due to simple math. Too much in ... not enough out.

Calories have become too cheap and easy to find. Three dollars at a drive-thru seems like a good deal for dinner until you realize one meal is a day's worth of calories. Physical activity has also declined in modern life. Unfortunately, some

children are more likely to get their hearts racing by shooting aliens than by racing their bikes around the neighborhood.

The cure is known. It's not a miracle drug; rather it is taking basic steps to help balance the in/out equation. Overweight problems do not go away overnight, but the following healthy habits may help change the rest of a child's life.

- **Replace problem foods** with fruits and vegetables.
- **Eliminate soft drinks**, which contain 150 calories in 12 ounces, and replace with water or milk. Over the course of a year, 150 extra calories per day will lead to gaining 15 pounds.
- **Increase physical activity** by doing something fun five or more days per week for 30 minutes or more, such as riding bikes, playing soccer, taking an adventure hike or helping in the garden.
- **Make a family change;** overweight children cannot be the only ones changing their behavior.

AULTMAN OFFERS SLEEP STUDIES FOR CHILDREN AS YOUNG AS 12. CALL 330-305-6976.



## Learn to Shop Smart: March 30

You could be blowing your diet just by the way you grocery shop.

Do the snack aisle and frozen prepared dinners call your name?

Are you overwhelmed with the selection and prices of vegetables and fruit so you avoid them?

Get these questions answered and more at Aultman Weight Management's free Supermarket Smarts Tours on

March 30. Learn how to shop strategically and incorporate seasonal vegetables and fruits into a healthy lifestyle.

Join us at the Fishers Foods on 5215 Fulton Dr. NW in Jackson Township at 1-2 p.m. or 6:30-7:30 p.m. Space is limited, and registration is required. Call 330-363-8255.

## TUNA BURGERS

- 1 can tuna packed in water, drained
- 2 T. light mayonnaise
- 1 T. pickle relish
- 1 tsp. lemon juice
- 1 tsp. dried parsley
- 1 tsp. onion powder
- 2 drops Tabasco sauce
- 3 saltines (unsalted top), crushed
- 2 hamburger buns

Flake tuna and mix with remaining ingredients, except buns. Form into two patties.

Spray a griddle or large skillet with nonstick cooking spray. Cook each patty a few minutes on each side until golden brown.

Heat buns in oven or microwave until warm. Serve patties on hamburger buns.

Makes 2 servings.

Per serving: 293 calories, 29 gm CHO; 26 gm PRO; 8 gm FAT; Exchanges: 2 starch, 3 lean meat

Thanks to Quick and Healthy Volume 2 Brenda J. Ponichtera, RD

## BURNHAM, FLEISCHAKER FAMILIES ENJOY GETTING HEALTHY TOGETHER

Habits develop over time and cannot be solved or changed overnight, so establishing healthy habits as children grow is very important. The Burnhams of Dover and Fleischakers of Massillon know the value of a healthy foundation so they participate in Aultman's Fun 2B Fit program with their children.

Therese (14) and Max (11) Burnham as well as Emma Fleischaker (9) attended weekly sessions with their peers while their parents also gathered for tips and tricks.

“In a fun, educational way the staff reinforces what parents may have already been telling the kids, but they wouldn't listen. It helps hearing it from someone other than a parent,” said Dr. Jack Burnham, who has seven children.

Rachel Fleischaker appreciated the good, common-sense approach the experts offered on healthy living. “Emma is the oldest of our four kids, so the information we got gave us a starting point for a discussion with the younger ones, too.”

“I don't think parents normally sit down to actually talk about nutrition with kids. For some reason, I think we assume they already know it – until you actually sit down and talk to them about it,” she said.

Life is all about choices and making the proper ones from types of food to portion sizes to exercising. “The program helped us adults

recommit to making better choices as well,” Burnham said.

Experts from Aultman Weight Management, Aultman Fitness Centers and pediatric specialists cover a variety of topics during the family-centered program that lasts four weeks:

- Proper portion sizes for children and adults and how to stick to them.
- What are healthy food and beverage choices.
- How to read food labels.
- Building self-esteem.
- Incorporating family fitness into the schedule.
- Importance of eating breakfast each day (which Therese now does, according to her father).

“THE PROGRAM HELPED US ADULTS RECOMMIT TO MAKING BETTER CHOICES AS WELL.”

– DR. JACK BURNHAM

“We really liked the session entirely dedicated to drinks. The dietitians taught us the importance of water and how much sugar is in pop. Emma couldn't believe it,” said Fleischaker.

A healthy lifestyle program isn't complete without some fun, calorie-burning activities too.

The children played physical games such as volleyball, basketball and swimming, while parents exercised in the fitness center.

“That 45 minutes each week of fitness time is like a date night for us,” said Burnham. “We enjoy working out together.”

Emma especially enjoyed pool time and now is taking lessons to learn swimming.

The Burnhams realize it's an ongoing process and nothing magic happens once they complete the four-week program. In fact, they are currently attending their third month.

“We realize you don't attend one session and are back to your ideal body weight. It's a lifelong commitment.”

The role of a parent is to be supportive of their children in all aspects of life, and making healthy food choices is definitely one of them.

Burnham said, “We live in a fast-paced, super-sized society. There's a need to stop and reinforce why we and our children should avoid something – like bad foods.”



■ Emma Fleischaker

AULTMAN: A CENTER OF EXCELLENCE FOR...



HEALTHY LIVING



## Heart

Aultman Hospital has been named one of the nation's 50 Top Cardiovascular Hospitals by Thomson Reuters for 2011. At the Aultman Heart Center, prevention is a priority. Our education and risk factor identification programs can help you keep your heart healthy.



## Cancer

The Aultman Cancer Center is a fusion of ideas, technology, talent and compassion. The physicians associated with Aultman Cancer Center evaluate and design individual patient treatment plans based on the type, stage and aggressiveness of the patient's disease.



## Neurosurgery/Stroke

Trauma or illness involving the brain, spinal cord or nervous system can be a frightening experience for a patient and loved ones. Take comfort in knowing you are in the hands of some of the region's most skilled neurological experts, neurosurgeons and stroke specialists.



## Women/Children

Together with our patients, the Aultman Birth Center is promoting and uniting families for life. We take a team approach to providing the best care for you and your baby — under one roof.



## Emergency/Trauma

Aultman's Emergency/Trauma Center, staffed by board-certified physicians, is designed to allow the fastest access possible to the latest in emergency-care technology.



## Orthopaedics

Many orthopaedic problems need more than one medical service. You may require emergency room treatment, medical treatment, surgery, therapy, medical equipment for the home or intense on-site rehabilitation.



## Critical Care Medicine

Going to an intensive care unit (ICU) can be a very emotional experience. Aultman patients receive specialized care from our Intensivist Program and our dedicated group of critical care nurses, critical care pharmacists, respiratory therapists and intensivists.

**AULTMAN**  
Aultman is My Hospital™

# AULTMAN WEIGHT MANAGEMENT REDUCES BP, CHOLESTEROL & MORE

**S**truggling to lose or manage your weight is a very common feeling. You desperately want to lower your blood pressure, cholesterol and BMI to be healthier but find it's easier said than done.

Aultman Weight Management offers an experienced team of physicians, registered nurses and licensed dietitians to help you and your family embrace a healthy lifestyle and accomplish these goals.

"We pride ourselves on our ability to not only help you lose weight, but keep it off for a lifetime," said Program Director Jennifer Justus, RN.

Since 1989, the local physician-monitored programs have successfully supported and motivated our community to lose thousands of pounds a year (17,000+ in 2010) while reducing blood pressure and cholesterol.

Depending on your weight-loss needs, our health care professionals will determine which program is right for you: New Direction, New Outlook or New Choices.

Each program combines the key components of weight-loss success: nutrition, behavior modification, physical activity and emotional support.

### We have specific programs for clients with diabetes!

Dietitians teach weekly clinics on nutrition guidelines and healthy eating, while motivating clients to be successful and stick to their customized plan.

"You will also find that our meal replacement options are affordable — comparable to cooking at home," says Dietitian Tiffany Evans, RD, LD. "The options meet all of your nutritional needs and help your body burn fat as a fuel source."

The average weight-loss rate is 2-5 pounds per week for New Direction and 2-3 pounds per week with New Outlook. Clients lose an average of 22 pounds during all phases of our programs.

Exercise is very important, so all programs include a free membership to four Aultman fitness centers and a consultation with a fitness expert.

No contract is necessary like competing weight-loss programs.

"Thousands of Aultman Weight Management's local clients are turning heads just like our program," says Justus.

"It is getting lots of recognition by Robard Corporation, the

manufacturer of meal replacement products we exclusively use for the New Direction and New Outlook weight-loss programs."

Aultman is now Robard's Midwest Regional Center and has received the Outstanding Achievement award for three consecutive years.

Take the first step to joining Aultman's winning team by attending a free informational session. Reservations are required. Call 330-491-1670 or go to [www.aultman.org/weight](http://www.aultman.org/weight).

### PHYSICAL & EMOTIONAL BENEFITS OF WEIGHT LOSS

- Reduced risk of developing heart disease, diabetes, arthritis and certain cancers.
- Increased confidence: socialize without feeling self-conscious, and fit into the clothes you actually like to wear.
- Enhanced quality of life: more energy to play with your children/grandchildren, live a more active life and have fewer aches and pains.
- Improved breathing and ability to sleep.

An estimated 18 million Americans have sleep apnea, which is often associated with people who are overweight. Not only does obesity contribute to sleep problems such as sleep apnea, but sleep problems can also contribute to obesity. Take an online assessment at [www.AultmanSleepAware.com](http://www.AultmanSleepAware.com) or call 330-305-6976.

A HEALTHIER, HAPPIER YOU IS POSSIBLE!

### Larry Donaldson joined Aultman Weight Management to save his life.

During the first three years of retirement, the Alliance resident became a self-confessed couch potato, reached more than 400 pounds and was taking 19 pills and two insulin shots a day.

With the help of Aultman, he decided to live. Since 2009, he has kept off more than 200 pounds and is off all medications.

"This has totally changed my life in a way I can't believe," he said.

Listen to Larry and other clients describe their weight-loss experiences with Aultman at [www.aultman.org/weight](http://www.aultman.org/weight).



■ Larry Donaldson before (above) and after (right) his dramatic weight loss.

## MixMakeover Winners Ready to Lose

### YOU COULD WIN TOO!

Aultman Weight Management and MIX 94.1 WHBC-FM partnered to create the MixMakeover to give three lucky winners six consecutive months of Aultman Weight Management's New Outlook Low-calorie Diet (LCD) program. Sponsored fees are valued at \$2,000.

Two winners were recently announced — you can read about them below — but it's not too late to enter at [www.losewinsave.com](http://www.losewinsave.com). One more winner will be drawn July 8. If you already entered, you are still in the running.

"Don't wait to be a winner to start losing weight," stressed Aultman Weight Management Director Jennifer Justus, RN. "All clients who joined Weight Management after Jan. 3 and enter the contest are eligible to win, too! We encourage everyone to join the program when they are ready to start losing weight."

Also, WHBC's Don Guisinger began the program Jan. 1, and is blogging about his six-month weight-loss journey. He has already lost more than 40 pounds, has seen "phenomenal" changes in his blood tests and has more self-confidence and self-esteem because he is seeing results.

"I'm no longer intimidated by the scale or by the machines at the gym," he wrote in his blog. "There is one big downside though... none of my clothes fit anymore. I HATE clothes shopping, but it is nice to know I won't have to go to the big & tall stores anymore (sorry guys)."

To read more from Guisinger's blog, go to [www.losewinsave.com](http://www.losewinsave.com).

### JULIE MARTIN

Julie Martin and her husband Dan are very excited about the "big gift" she will receive from Aultman Weight Management — a healthier life for the whole family.

Just two days after learning she won a six-month medically monitored weight-loss program from the MixMakeover, the mother of three was already at Aultman Weight Management starting a medical screening.

"I'm so ready for this," she said. "I got to a point where I was



■ Aultman Weight Management's Michelle Cain begins the medical assessment of MixMakeover winner Julie Martin of North Canton. Julie would like to lose 50 pounds, get muscle tone back and learn how to maintain a healthy lifestyle.

unhappy, uncomfortable and not feeling well. And I like my skinny clothes better!"

She says her North Canton family has been in an unhealthy slump for several months, but the last four years have been really difficult for her. Julie had a third baby and was diagnosed with multiple sclerosis, resulting in about a 50-pound weight gain.

Exercising is crucial to staying well with MS, and she feels her best when exercising daily.

Today, symptoms of the disease are better but she still has to take it slow because of fatigue in her legs. "Before this, I loved running and would do 5- to 6-mile runs a lot."

With the help of Aultman Weight Management clinicians and fitness experts, Julie is already looking at doing a 5K run with her oldest daughter Celia in June, who is participating in a "Girls on the Run" program at her elementary school. "If we can't run it all, we'll at least be out there walking it."

Her food weaknesses are mostly burgers, pizza, Mexican food and the "usual bad stuff," she says. "And I have a big appetite — always have even when I was thin."

As a stay-at-home mother, Julie knows her decisions solely impact the health of her family. "I decide

most of the meals and food choices — from grocery shopping to ordering dinner in, going out to eat or cooking at home. I plan to do a lot more cooking at home with the guidance of Aultman."

Her six-month weight-loss journey will conclude just in time to debut a total body makeover for her 40th birthday and then her mother's wedding. "I am going to help her, too. We can do this. I will not let us blow it!"



■ Canton South residents Dan and Sandy Myers are excited she was drawn from more than 600 MixMakeover entries.

**Mix94.1**  
**MixMakeover**

### SANDY MYERS

Website promotions for MixMakeover caught Sandy Myers' eye and got her thinking what it would be like to win.

"I thought it would be really cool and just what I needed to get me motivated to lose and keep off 20 to 30 pounds," said the Canton South resident. "I'm so thankful I was chosen."

Sandy's weaknesses are Hershey Kisses and salsa and chips. "I could eat them for breakfast, lunch and supper!"

People are always telling Sandy to slow down, that she can't do everything, and she needs to take the time to eat.

"I admit I skip a lot of meals or just snack on bad foods. Now that I have won this contest, I plan to learn and take the time to be healthy. It's going to be great!"

In addition to unhealthy eating habits affecting her own life, Sandy worries about something major happening to her health and then she will not be able to care for her youngest sister Kristy, who is handicapped and bedridden with Rett syndrome.

"She has lived with us since my mother passed away in May. I promised Mom I would take care of her and not place her in a rest home. So winning this contest, becoming healthy and taking care of myself will contribute more than you know."

Sandy is also motivated by her other family members: husband Dan, three sons, a stepdaughter and three grandchildren.

"They give me the will to go on and strive to work harder, so I can give them a great, comfortable and happy home life."

As a mother, Sandy has always told her sons, "If you put your mind and spirit into something, you can do it; nothing can stop you."

"Now I am about to prove it to them," she said. "I want to get off my high blood pressure medicine once and for all."

Proper exercise and nutrition are Sandy's weaknesses so she is looking forward to learning how to eat nutritiously and cook for the family.

"I think we will all feel a lot better and have more energy," she said.



[WWW.AULTMAN.ORG](http://WWW.AULTMAN.ORG)

Body Mass Index Calculator

Calorie Burner Counter Calculator

Target Heart Rate Calculator

Desirable Body Weight Calculator

Nutritional Needs Calculator

Waist to Hip Calculator

ONLINE WELLNESS TOOLS