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HEALTHY
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Meet the Members:

Deb Duquette

I am 47, married with 2 sons. I work for Northern Michigan Bank & Trust. I love playing golf, watching movies and listening to the Blues. My goals are to lose weight and get fit to improve my health. I have a heart valve problem, had a heart attack, have asthma and arthritis. I also want to improve my self-esteem. By June I hope to be able to walk the golf course and this summer walk the beach.



Mark Mattson

I have been an Athletic Director for the past 5 1/2 years. As a former Physical Education teacher and current A.D., it's time for me to once again practice what I preach to students about leading active, healthy lifestyles, good choices and proper nutrition. I need to make myself a priority by scheduling exercise and meal preparation into my daily schedule. This program will hold me accountable. I plan to accomplish weight loss and increased energy through strength, flexibility and cardiovascular exercises and choosing healthier foods.



Teresa Kauppila

I'm 47 years old, married, have 2 children (who I spend most of my free time running from one event to another) and I work full time. The reason I decided to get involved with Focus on Fitness is that I thought it was time for me to put myself back on the top of my daily "to do" list. I think this program will give me the tools and motivation to start exercising more, and it will help me and also my family to learn to make healthier food choices every day so we're happier and healthier.



Cathy Bolm

I live in Marquette. I am 47 years old, married for 28 years, I have three children and one granddaughter. I work full time as a lender at Northern Michigan Bank & Trust. I became interested in participating in the Focus on Fitness Program to motivate myself into making some life changes. Losing weight in a healthy manner is probably the main reason I decided to participate in the program, and to eliminate the need for insulin.



Kenneth Wayne Mullins

I was born in Detroit, Michigan. I am 43, divorced, and have a 7 year old daughter. I am an instructor of accounting at Northern Michigan University. In my spare time I like to read, write, take walks (hopefully hikes again someday), watch football, go on road trips, and spend time with my family. Some day I would like to hike the Appalachian Trail and take a cross-country tour of America over a 3 month period.



Helene Pytyck

I am 54 and a retired teacher. My interests include gardening, photography, reading and knitting. I want to make exercise a part of my daily routine and be consistent with it. The reason I joined Focus on Fitness is to lower my blood pressure and improve my cholesterol levels, reduce aches and pains in knees and elbows and sleep better and enjoy improved mood and attitude.



Susan Divine

I am 52, married 25 years to Jim with 3 children. I am a Behavior Analyst at Pathways Mental Health Center (22 years) I'm a "foodie" - love to cook, entertain, try new recipes. Also love gardening and jam-session folk music. I joined the Focus on Fitness program because I want to run a 1/2 marathon this year. I also want to establish regular exercise habits, lower cholesterol (at least 100 points!) and establish heart healthy food choices, reach lower BMI and have more energy.



Jamie Dolan

I am 45 years old. I joined Focus on Fitness as a way to ditch some bad nutritional habits I've picked up as a vegetarian for the past 25 years-- like substituting dairy products for leaner protein-- and to get motivated to train more consistently. My short term goals are to better last years time in the Shamrock Shuffle 8K race in Chicago at the end of March and to plan my meals more diligently, with attention to increasing fruits and vegetables in my diet. I'm also hoping to ride my road bike across Iowa in July in an event called RAGBRAI and know that participation in this program will help me to reduce fat and to gain endurance.



Barb O'Neill

I am 56 and the owner of The Embroidery House. I hope to consistently make sensible choices, watch portion sizes and record food intake. I want to add fruits, vegetables and water to my daily routine and make time to engage in regular physical activity as a permanent life style change.



J. Bryan Dixon, MD MGH SportsMedicine

You may have noticed that this is no longer called "The Healthy Weight Journal." This change reflects a growing body of medical research showing that weight loss is neither necessary nor sufficient for good health.

Instead, the prescription for improved health is reducing inactivity, performing moderate to vigorous exercise, and eating nutritious food. This is a prescription so powerful it can prevent and treat dozen of chronic diseases including high blood pressure, type 2 diabetes and osteoporosis. Often these lifestyle changes have positive effects on body composition resulting in weight loss. But, the focus should not be on the scale, rather, put the focus on fitness and food. Remember health is not measured by your size. It is the daily choices you make to incorporate physical activity, exercise and nutritious food into your busy schedule.

I hope you will join us on a journey to put the focus on fitness. Along the way we will hear from many health experts in our community. We are fortunate to have access to a premier Exercise Science and Health Education Department at Northern Michigan University, a comprehensive weight management program at Marquette General Hospital that has been recognized as a national center of excellence, and a talented group of orthopedic physicians committed to finding cutting-edge solutions to keep you moving. With the help of nine brave people, we will demonstrate how you can incorporate specific, science-based recommendations to make exercise and nutritious food a part of your life. Together we can work to put the health back in health care.



A Total Healthy Lifestyle Program

By Donna Marlor, RD,BSN,MA
MGH Weight Management

The warmth and cheer of the holidays are over. January— bah humbug! So far the start to 2009 has been pretty tough, with a record snowfall, frigid temperatures and glum economic forecast. For a lot of us, stress, inactivity, and comfort foods can take their toll on our health, and it shows up on our hips and waistline.

If it were a typical January, I would be launching another traditional weight loss program, but so far, 2009 has been anything but typical. Staying healthy is getting harder, so MGH Weight Management has put together a team of experts to lead our next group towards better health through lifestyle change. It's more than just weight loss - total health means managing stress, eating right and exercising more.

Here is how the Focus on Fitness program will work: nine determined people will be exercising in the NMU Get Fit program or MGH Preventive Heart and Health program three days a week for the next 13 weeks. But that's not all. Oh yes, exercise alone will not whittle a waistline.

Group members are also required to log their food intake daily, aiming for a pre-set protein and calorie target designed to achieve slow weight loss. The kind of weight loss that stays off for good! The Focus on Fitness group will meet for education and support nine times over the next 5 months. Stress management, healthy foods and tips on making exercise fun will all be discussed.

Get inspired by the Focus on Fitness group and follow the group's progress in the Mining Journal and on the MGH website, www.mgh.org. Make 2009 the year you invest in your health - for life!

