

Regional Weight Management Center

August Newsletter

(605) 719-1375

Come, join in and have some fun.

Rapid City Regional Hospital's Regional Weight Management is hosting its "Walk It Off" event on Saturday, Sept. 11. The walk will begin at 10 a.m. at the Regional Rehabilitation Institute lower parking lot at 2908 5th St., and will cover 2.5 miles of trail around the hospital campus. A \$10 registration fee will include a T-shirt for each participant. Water stops will be provided on the trail.

"Walk It Off" is an annual event held as part of Regional Weight Management's surgical and non-surgical weight loss programs. We are encouraging people to participate to improve their health and have a good time doing it. Hope to see all of you for our walk. The T-shirts are designed by Terry and the RCRH Public Relations and Marketing staff - they are really cool! ☺ Walkers are encouraged to preregister by Sept. 9 to guarantee a T-shirt. For more information or to register, call Angela Christopherson at Regional Weight Management at (605) 719-1375.



Many of you are taking on new physical challenges as you continue to lose weight. Individuals who are active everyday sustain much greater weight loss and health benefits than those who are more sedentary. The perks of staying active are plenty-such as enjoying improved mood, memory, flexibility and overall improved quality of life. The key is finding a few activities that you like, this way each day you will look forward to it. Remember, muscle maintains an increased metabolic rate, thus enabling you to burn more calories at rest! This is necessary for long-term weight loss incorporation with a healthful, high quality, low calorie diet.

Reminder: We would like each of you to stop in once a month. For those that live out of town, please call once a month and let us know how things are going. As we move closer to a *Bariatric Center of Excellence*, we need to monitor your weight loss, medication changes, improvement in medical conditions and nutrition. You may stop in anytime on Tuesdays from 7:30 a.m. – 4:00 p.m. If Tuesdays do not work into your schedule, just give us a call first to assure that we are in the office.

Terry Anderson, Supervisor

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