

Regional Weight Management Center

August 2011 Newsletter

Come, join in and have some fun.

Rapid City Regional Hospital's Regional Weight Management Center is hosting its annual "Walk It Off" event on Saturday, September 10, 2011.



Walk It Off!

The walk will begin at 10:00 a.m. at **Regional Rehabilitation Institute** lower parking lot, located at 2908 5th St., and will cover 2.5 miles around the hospital campus. A \$10 registration fee includes a T-shirt for each participant. Water stops will be provided along the trail.

Walkers are encouraged to pre-register by Sept. 8th to guarantee a T-shirt. For more information or to register, call Terry at (605) 719-1011.

The walk is intended to increase your awareness of obesity and learn more about weight loss. Obesity is defined as a body mass index (BMI) of 30 or greater. BMI is calculated from a person's weight and height and provides a reasonable indicator of body fattiness and weight categories that may lead to health problems. Obesity is a major risk factor for cardiovascular disease, Hypertension, joint problems, sleep apnea, certain types of cancer and type 2 diabetes.

Becoming overweight and obese results from an energy imbalance. This involves eating too many calories and not getting enough physical activity. Daily exercise can be obtained in several ways. 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 and will enable you to burn more calories while at rest! This is necessary for long-term weight loss, incorporated with a healthful, high quality, low calorie diet.

Hope to see all of you for our annual walk. The T-shirts are designed by Terry and the RCRH Public Relations and Marketing staff - they are really cool! ☺

Terry Anderson, Supervisor
Regional Weight Management Center
Phone: (605) 719-1011