



# Live Well Today Newsletter

*Part of Trinity's Live Well Initiative*

Winter 2012    Volume 2    Issue 1

## 150-lb. weight loss lands Trinity nurse on Live Healthy Iowa Dream Team

In September 2010 Trinity cancer research nurse Shelle Sikkema was at a crossroads. She weighed 330 lbs., and a recent health risk assessment told her if she didn't make changes, she was at high risk for diabetes and heart disease.

To get down to a healthy body mass index (BMI), Shelle would need to lose 170 lbs. – the size of another adult – but she was determined to do it. Instead of joining a health club or working with a diet and exercise specialist, Shelle started her own plan, walking an hour daily.

“I would cry myself to sleep each night at first because my knees hurt so much,” Shelle remembers. “But I pressed on; I knew how crucial getting moving was to my success.”

In these cold months, it can be even harder to remain active, but according to Shelle you have to “get up, get your shoes on and get out.” For her this means going to the mall, getting to work early and walking the stairs and halls of the building, or on bad weather days, getting on a treadmill or walking in place. In the summer when she and her husband go camping, she'll walk to explore the area and have him drive out to pick



**Shelle Sikkema weighed almost 330 lbs. in September 2010 when pictured on the left. She has lost 150 lbs. since then (right).**

her up when “it’s too dark to see the color of the grass.”

Exercise alone isn't the only reason why the 55-year old mother of four has lost 150 lbs. She also changed her eating habits, sticking to a 1,500 calorie per day diet that includes 48 grams of whole

grains and at least five fruits and vegetables. Shelle keeps a food diary, estimating the number of calories in what she eats. If she doesn't know, she'll consult a book she keeps with her.

“You have to be determined to do what you have to do in

order to be healthy,” says Shelle. “Many times that means making sacrifices, like removing comfort foods from your house, reworking your schedule to ensure you have time to walk or stop having that daily glass of wine.”

Shelle served as a Trinity team captain in last year's Live Healthy Iowa 100-Day Wellness Challenge. There were 307 participants on Trinity teams, and Shelle's was the top performer for weight loss (6.15%) among them all. Shelle herself shed 50 lbs.

This year Shelle is one of ten people statewide selected for the Live Healthy Iowa Dream Team. Those ten will serve as the public face of the 100-day challenge to help inspire others looking for a healthier lifestyle. They will chronicle their participation for the public to follow via the Live Healthy Iowa Website and social media outlets. They will communicate what they're doing with respect to diet and exercise as well as how they're troubleshooting any obstacles.

“I just really want to lead by example and help strengthen the resolve of others who just want to get well.”

### Join this year's 100-Day Wellness Challenge!

Register a team of 2-10 people for only \$15/person and from Jan. 23-May 1 get unlimited access to information on how to keep fit and lose weight after this holiday season, a T-shirt, motivational emails, magazine subscriptions and chance to win individual prizes like bikes, iPods or Caribbean cruise for two! Registration is now open at [www.livehealthyiowa.org](http://www.livehealthyiowa.org). Use group name LHITMC and coupon code LH2468.

## Build a better salad

By Jeni Tackett, R.D., Trinity Live Well nutrition sub-committee chair

With the New Year comes new resolve to lose weight. That means increasing exercise and adopting healthier eating habits. But have you ever heard someone complain that they're eating "rabbit food" and the pounds still aren't coming off? Perhaps it's time to examine what's actually going into their mouth.

Here are the nutrition stats on a few burgers at restaurants that you would guess are high in calories and fat:

- Big Mac (McDonalds): 540 calories, 29 grams of fat
- Double Quarter Pounder with Cheese (McDonalds): 740 calories, 42 grams of fat
- 1/3 lb. Bacon Cheese Thickburger (Hardees): 840 calories, 56 grams of fat

You may be shocked to find that some restaurant salads are bad or worse than those monster burgers:

- Chicken Caesar Salad (Outback Steakhouse): 1,043 calories, 73 grams of fat
- Apple Walnut Chicken Salad (Applebee's): 1,000 calories, 65 grams of fat
- Cobb Salad with no dressing (Red Robin): 700 calories, 37 g of fat

Gasps! Where did these salads go wrong? They often include bacon, croutons, eggs and lots of cheese. When you add all of the toppings, salads go from healthy plant foods to high-fat, high-calorie entrees.

When you order a salad out, get the salad dressing and the high-fat items like bacon and cheese on the side. Pick a lower calorie salad dressing like vinaigrette, which has more healthy fats and spreads easier than chunky blue cheese dressing. Also, dip your fork in the dressing vs. pouring it over your salad.



Here are some salad bar tips:

- **Bulk up on vegetables and fruits.** Start with a healthy bed of romaine lettuce or spinach. Top that with fresh veggies and fruits.
- **Consider a protein source to balance your meal.** Eating just fruits and veggies is not always satisfying. Add some cottage cheese, chick peas/garbanzo beans, kidney beans, sunflower seeds (go easy on these as they are high in total calories and fat), grilled chicken or hard-boiled egg.
- **Go light on the dressing.** A small ladle is 2T. of dressing. Stick with just one ladle or less. Go for the oil and vinegar or vinaigrette if you want to be satisfied with less (they spread more easily). Or, fill a small cup with dressing and dip your fork in it.
- **Lay off the mayonnaise-laden salad.** If you really want some potato or pasta salad, stick with a very small spoonful. Your salad should not weigh five pounds.

I love a good salad bar, and if you follow these guidelines you can make a healthy meal out of a salad. You can say, "I just had a salad for lunch," and be confident you made a healthy choice.



# Active Living

## Marathon goal set in junior high finally comes true

When Krystle Jorgenson, Trinity Moline's Manager of Surgical Services, finished the Quad Cities Marathon in September, she not only finished the grueling demands of the 26.2-mile race, she accomplished a goal she set out to achieve ever since she began running as a teen.

"Back in junior high, I made a goal to run a marathon before I turned 30. [Back then] I had problems with my knee hurting, and the doctors told me to find something else to do besides

**"Back in junior high, I made a goal to run a marathon before I turned 30. [Back then] I had problems with my knee hurting, and the doctors told me to find something else to do besides run."**

*--- Krystle Jorgenson*

run," Krystle, who turned 30 this past October, said. "I didn't know if I would get to accomplish my dream."

Jorgenson had attempted to train for longer

races in the past but was constantly held back by injuries. She has run various 5K races and the Quad-City Times Bix 7 before, but nothing nearly as long as a full marathon. This past March, her luck changed when she was able to do longer runs and speed workouts as part of her Bix training. Would this finally be her year?

Although Jorgenson was healthy during her training leading up to the marathon, not everything was simple. Time became the biggest issue that she had to overcome, juggling a full-time managerial job, being a wife and a parent of a five-year-old daughter.

"My husband bikes, so we made it into a family event. He would come with me on some of those runs and have my daughter in a cart on the back of the bike." Not only did their presence provide company while running, her husband could give her snacks and water during the hot summer months.

When her family couldn't be with her during training, she ran with others, which also helped motivate her. After starting out with ten-mile runs in the spring, Jorgenson and a friend added a mile or two every week until they reached their penultimate goal: a 20-mile run.



**Krystle smiles as a volunteer removes her timing chip at the end of the 26.2 mile race on Sept. 25**

"After running 20 miles, a 12-mile run while tapering before the race seemed so easy!" Krystle said, reminiscing about the weeks leading up to the race.

Going into the race her initial objective was simply to finish and accomplish the goal she set for herself more than 15 years before. However she also felt she could try to break the 5-hour barrier. When she crossed the finish line, the clock read 4:51:46.

Now that Krystle has accomplished the goal she set half of her life ago, she plans on concentrating on shorter distances like 5Ks and half marathons where she feels she can be more competitive.

"The great thing about running is that you can race against yourself and others too," Krystle said.

### Fitness discounts abound

Trinity Live Well has teamed up with area fitness retailers to give Trinity associates special discounts, including at places like Healthy Habits bike shop, area YMCAs, Gold's Gym, Rock Island Fitness and Activity Center, Ultimate Fitness, Snap Fitness, Body Dynamics and ChiroFitness Extreme among others. Check the Employee Health page on the Intranet for the most up-to-date list and redemption requirements.

# Mind-Body Connection

## 10 ways to keep your New Year's resolutions

By Monica Overberg, Robert Young Center, Licensed Mental Health Professional

- 1) **Start small:** Have a large goal in mind (lose 20 lbs.) but begin with small, attainable goals that you can reach each day, week and month.
- 2) **Keep it Simple Silly (KISS):** Set one or two realistic goals rather than 10. Remember you are changing a part of your lifestyle and that takes time and energy. Trying to change too much too fast can lead to failure. Remember setbacks are part of change. If you fall, pick yourself up and start again.
- 3) **Replace the old with new:** If you're trying to give something up, replace it. For example, if you're trying to quit smoking, then give your hands something new like a stress ball or crafts instead of a cigarette. Give your mouth sometime like sugarless gum or take up singing for something to do or start exercising.
- 4) **Keep a journal or a flowchart:** Keeping track of personal achievements through a spreadsheet or journal is a great visual way to see progress and what needs work.
- 5) **Be patient:** When you're changing your lifestyle you need time. Be patient with yourself while you work hard toward your goal each day.
- 6) **Be aware of your motivation:** As you set goals for yourself, ask yourself what's behind them? Is it health, retirement, finances, friends, feeling better about yourself? If you know your motivation you can remind yourself of this when you want to revert back to your old lifestyle. It will also help you set realistic goals.
- 7) **Be flexible:** You may choose a resolution and find in a month or two it's just not for you. That's okay. Make a new resolution that is more appropriate but again, ask yourself, "What's the motivation?"
- 8) **Reduce the negativity:** We often have tapes running through our minds of how we "should or shouldn't do something" and how much "of a failure we are." We also have people around us who want to sabotage us. Surround yourself with positive thoughts and positive people. You'll reach your goals much quicker.
- 9) **We all need support:** Who are your cheerleaders? Who is willing to make a change with you? There is safety in numbers. When you have someone you can encourage and who will encourage you, you can reach your goals.
- 10) **Give yourself permission to celebrate:** When you reach your small goals, give yourself a small reward to help keep you motivated.

## Need someone to listen?

Contact the Employee Assistance Program (EAP) at 779-2273 or (800) 383-7900 for a FREE and confidential consultation.

## Activity Opportunities

Jan. 29  
**Try Mellon Tri  
Indoor Triathlon**

[www.muscatiney.org](http://www.muscatiney.org)

Feb. 26  
**Chili Chase**

[www.cornbelt.org](http://www.cornbelt.org)

## Meditation and prayer times offered

Trinity's Pastoral Care department is sponsoring 10-minute meditations with prayer at 9 a.m. weekday mornings. Contact Chaplain Robert Hansen for more details at 779-2991.



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