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## Hospital program dissects bad eating habits

By Julie Janovsky

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*MIND-BODY APPROACH: Psychologist Lisa Galper talks to participants in Scottsdale Healthcare's weight management program Thursday night at Scottsdale Healthcare's Shea campus.*

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Michele De La Cruz is declaring 2008 as her year. The 42-year-old Scottsdale single mother of three decided over the holidays the new year will be a new beginning for tackling her weight-loss goals. Now that her children are adults, De La Cruz said it's the perfect time to focus on herself.

"I want to make a complete lifestyle change," said De La Cruz, who recently signed up for Scottsdale Healthcare's BALANCE weight management program to separate the good carbohydrates from the bad and the best tools she'll need to get into the best health she can.

The program, which Scottsdale Healthcare debuted two years ago at its Shea campus, is a series of themed weight management classes running in 90-minute sessions in 10-week increments.

What makes this program different from other weight-loss providers is that its sessions are headed by a psychologist who helps the participants explore and correct the underlying root of their eating issues.

"Until you know what's driving your overeating, it's unlikely to maintain permanent weight loss," said Lisa Galper, a psychologist who teaches the classes in tandem with exercise and nutrition specialists.

Galper's curriculum covers a number of topics, including how emotions affect food choices and determining the difference between "head hunger and body hunger."

The sessions are geared toward those wanting to make a long-term lifestyle change as opposed to providing a quick weight-loss fix, explained Lisa Sandoval, business director for Scottsdale Healthcare's women's and children's services.

The program, costing \$359 per participant, includes an evaluation with a registered dietitian, a

consultation with an exercise physiologist, personalized coaching, online support and a fitness membership at Scottsdale Healthcare Shea's Essential Touch Spa for the duration of the program.

For Jullie Bennett, a stay-at-home mother from Chandler, the course she took this past fall was an eye-opener.

"I learned how to read my internal hunger clock and stop obsessing about food," said Bennett, 34, who said she lost 20 pounds the first six weeks of the program.

The BALANCE program is offered on an ongoing basis. Call (480) 323-3901 or visit [www.shc.org](http://www.shc.org) for class dates and information.



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