

Katie Johnson: Good morning, and welcome to Apple a Day. It's Lake Region Healthcare's health and wellness program where we feature news and information you can use to live a healthier life. I'm Katie Johnson, your host, and I am pleased to have as my guest today, Kary Sytsma. She is a certified health and wellness coach here at Lake Region Healthcare, and she's going to be the first speaker for the 2018-2019 Living Well series. Good morning, Kary.

Kary Sytsma: Good morning, Katie.

Katie Johnson: I'm so excited that we're bringing back our education series for what is now a third year where we gather in the clinic lobby once a month and invite the community in to hear speakers on various topics on health and wellness, get some real life practical tips, and this year excited to kick it off with a topic that everyone can relate to, and that's meal planning.

Katie Johnson: So, before we talk about the specifics of the Living Well series and what you're going to be talking about, I'd like our listeners to get to know you a little bit better. Tell us a little bit about yourself. What's your educational and professional background, and how did you land at Lake Region Healthcare?

Kary Sytsma: Sure. Well, to begin with, I'm a nutrition and dietetic technician registered with the Commission on Dietetic Registration.

Katie Johnson: That sounds important.

Kary Sytsma: Yeah. It's somewhat of an unknown but very broad degree. Sometimes an NDTR will work under the supervision of a registered dietitian, assisting in clinical work. Maybe they would work in a management role in the kitchen. They also perform general nutrition education to healthy populations.

Kary Sytsma: My role at Lake Region actually began in nutrition services. I completed my internship here in 2013 under the supervision of Julie Hamre, one of our dietitians, and was then hired to work in the kitchen as one of their supervisors in 2016 after my children were a bit more independent. From there, I went on to become a certified health and wellness coach with Well Coaches, and that is what I truly love.

Kary Sytsma: For those of you who are not familiar with what a health and wellness coach does, it's defined in the Coaching Psychology Manual as a method to help people achieve a higher level of well-being and performance in life and work, especially when change is hard. It is a client-centered process to facilitate and empower the client to achieve self-determined goals related to health and wellness.

Kary Sytsma: Basically, we all have an idea of what we would like to do with our health and wellness, but we don't always know the best steps to take to get there. That's

how I became connected with the Community Wellness Department at Lake Region. I was brought on the team to serve as the wellness coach for our lifestyle medicine program.

Katie Johnson: The wellness coach role actually brought you over to the Health and Wellness Hub, and that's where you operate from today. So, what are the kinds of services that you offer over there? We've talked about lifestyle medicine on this program before, but our listeners might not know exactly what that means or why someone would come and seek out the services of a wellness coach.

Kary Sytsma: Yeah. So, with the lifestyle medicine program, anyone who doctors at Lake Region can receive a referral to the Health and Wellness Hub to engage in two complementary sessions with a personal trainer and a complementary session with myself. Every coaching session looks a little different because we all have different goals for our personal health.

Kary Sytsma: When we meet, you'll have the opportunity to define what is most important to you, and then I will help you create a personalized plan on how to reach your goals. If you need a little extra help beyond our initial session, you can purchase as many additional sessions as it takes to reach your goals. If you do not doctor at Lake Region, you're still welcome to visit us at the Health and Wellness Hub to purchase personal training packages or wellness coaching packages. It's an amazing program, and we have seen many lives changed by it.

Katie Johnson: And I should mention the Health and Wellness Hub is what some people might recognize more as the Mehl Center, but it's just right across Cascade from the hospital and where a lot of really great things happen every day, helping people to improve their health. We mentioned that you're the featured speaker at September's Living Well series, and talking about weekly meal planning for stress relief. So, I think this seems to pull from the two really unique specialties that you have, your dietitian and nutrition area and your wellness coaching. So, let's talk a little bit more about what you're planning to present at September's Living Well session.

Kary Sytsma: Yeah. So, this is a topic that is dear to my heart for a number of different reasons. The first is I've met with a lot of people for wellness coaching sessions, and I have heard many times that eating healthy meals at home was a challenge. It wasn't because they didn't want to, but they didn't always know how to follow through on it. Maybe cooking was intimidating, they didn't know the best foods to buy, or maybe they had just never tried to meal plan before.

Kary Sytsma: The second reason is so important to me because I have a firsthand knowledge and understanding of how difficult it can be to do meal planning. I have four children, and three of them are in high school right now. They are all in sports, so we are always on the go. It got really out of hand last year, and more and more, we found ourselves eating out because of lack of planning. And that was

stressful. I quickly realized that something needed a change. So I decided to use my wellness coaching techniques to create my own goals about practicing what I preach.

- Kary Sytsma: I know that what we eat plays such an important part in how we feel physically and mentally, and I wanted something better for me and my family. This Living Well session will be focused around sharing those techniques with you. We will discuss what a healthy meal looks like, how to create a healthy pantry, refrigerator and freezer, different types of meal planning and prepping, and how to plan those on-the-go meals whether it's lunch for yourself or loved ones, snacks away from home, or avoiding dinner at the concession stand for the third night in a week.
- Katie Johnson: I can relate to that. I think maybe one of the key words in this session is weekly meal planning.
- Kary Sytsma: Yeah.
- Katie Johnson: Right? It's all about planning ahead. Let's talk about that can be stressful when you haven't planned and in different ways for different people. So, some of the various scenarios I think about are very different for different people. For example, meal planning for just one or two people can also be stressful, especially if you've been used to planning for a large family, and suddenly it's just one or two of you.
- Kary Sytsma: Right. That's correct. Well, actually everything that I'm going to cover is going to be easily adaptable for anyone. From meal planning for one or two or meal planning for the whole football team. My goal is to help you take the stress out of planning and cooking and make it a healthy and enjoyable experience so you can you have long-term success with fueling your body well. If some of your goals are to lose weight or manage a chronic condition or general health maintenance, you will learn something valuable to take with you.
- Katie Johnson: It sounds fabulous, and I love that it's really built on your personal experience because there is truly no better teacher. So, let's talk about what people can expect if they maybe haven't been to our Living Well series before. Where do they go? When does it start? What does the evening kind of look like?
- Kary Sytsma: Yeah, sure. So, the evening starts at 5:45. We'll go until about 7:00. We're going to provide a light snack for you when you get there, so you're not going to get hungry with all the talk about food.
- Katie Johnson: Oh, good.

Kary Sytsma: Yeah. So, we're going to then have the presentation and a question and answer session following. And for those of you who attend, we'll be doing a drawing for a prize or two.

Katie Johnson: Wow, that sounds great. So, the Living Well series is the third Monday of every month in our main clinic lobby. We do have a few sessions that will be off site at special locations, but for September it will be coming up Monday, September 17th in the main clinic lobby, 5:45 start time. Like Kary said, a snack, presentation, some Q and A, and get you off to the rest of the evening's activities by 7:00. We do ask for people to RSVP if they're able to, to help us plan for those snacks, and you can do that by either emailing [livingwell@LRHC.org](mailto:livingwell@LRHC.org) or giving us a call at 736-8699.

Katie Johnson: Finally, Kary, I'd just like to ask. Any other resources you have maybe for people who can't make it on Monday the 17th or who are looking for some more resources for meal planning tips?

Kary Sytsma: Sure. I have two of my favorite websites. The first one is Clean Food Crush, and that really focuses a lot more on that planning and prepping. The other is SkinnyTaste.com, and that is more just great delicious healthy recipes. If you're looking for a healthy way to eat, we would also recommend the USDA Healthy Mediterranean-Style Pattern of Eating.

Katie Johnson: Great resources. I can't wait to look those up, and I can't wait to hear your presentation on Monday, the 17th in the clinic lobby, 5:45, the first of this year's Living Well series education sessions featuring Kary Sytsma, certified health and wellness coach at Lake Region Healthcare on the topic of weekly meal planning for stress relief. We didn't really talk so much about that stress relief, but gosh, it will be a big stress relief if we can kind of get ahead of meal planning and take that stress off of our daily lives.

Katie Johnson: So, Kary, thanks for your time, and we're looking forward to your presentation on the 17th.

Kary Sytsma: Yeah. Thank you, Katie.

Katie Johnson: Kary Sytsma and Katie Johnson on Apple a Day today, inviting you to the Living Well series starting Monday, September 17th. Find more at [LRHC.org](http://LRHC.org) or give us a call at 736-8699. Kary and Katie remind you that there is so much to do here. Stay healthy for it. Have a great day.