Hot Topic  March is National Nutrition Month!

Since nutrition is an essential piece to the puzzle of healthy living, it deserves an entire month’s dedication! March is National Nutrition Month, and while many people understand that healthy eating plays a positive role towards combating chronic disease, energizing your body and mind, and providing optimal human functioning, many individuals also do not understand just what “nutrition” entails. March is a perfect time to explore the world of nutrition by familiarizing yourself with how to determine the good from the bad. Try new foods this month, and learn how entire flavors can change just by switching up your preparation methods alone! Here are some simple tips that might help bring the benefits of nutrition into your life!

- **Understanding food labels**—We could write an entire novel on understanding food labels. Many people bypass the label even though it is the most important piece of the packaging. Here are some simple tips to help you:
  - Pay Attention to the serving size! If you notice the packaging of a protein bar says there are 15g of protein per serving, and there are multiple servings in the package, make sure you understand what each serving looks like in order to get the full 15g.
  - Understand what “total fat” means. Not all fat is bad! The healthy-for-you fats include unsaturated fats (polyunsaturated or monounsaturated fat). Try to limit saturated fat, and take in as little trans fat as possible. If your label reads “total fat 26g”, and you notice that 16g are due to unsaturated fats, this means the remaining 10g of fat is attributed to saturated fat.

- **Take a trip through the produce section** – We usually go to the store with a checklist of items we know we need. This leaves little room for expanding our horizons when it comes to exploring new foods and flavors. Make it a goal this month to pay attention to foods that you don’t typically notice on a regular basis. Your local Sprouts, Whole Foods, or Trader Joe’s are great places to find unique produce items. Over the spring and summer months, farmer’s markets are also a great way to support your community and satisfy your taste buds at the same time!

- **Spice it up!** – Basic meats include beef, chicken, and fish. While beef tends to be a big favorite, lean meats such as fish and chicken contain less saturated fat and are generally a more efficient source of protein than red meat. We understand that the same chicken breast or the same fish fillet can become bland. However, adding spices, sautéed veggies, or low-sugar, low-sodium sauces can add the flavor to your dish that you’ve been looking for! Modify your preparation methods to experiment with tastes that suit your palate.

Nutrition is an essential piece of achieving good health. Make your journey to healthy eating delicious AND fun! Read those labels, try that fruit, and spice up that fish!

Hilary Rounds, RDN, CDE, NASM-cpt
Hilary.Rounds@Sodexo.com or call 303-779-9355
Laura Petruccelli, Administrative Assistant
Laura.Petrucelli@Sodexo.com or call 303-320-2490
### Pre-Operative & Post-Operative Classes – March 2017

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| Bypass, Sleeve & D-Switch Post-Op Class (in person)  
1 week – 8:00AM  
3 week – 9:30AM |
|     |     |     | 2   |     |     |     |
|     |     |     |     |     |     |     |
|     | 6   | 7   | 8   | 9   | 10  | 11  |
| 5   | Post-Op Teleconference for 1, 3 & 6 Week: 8:00AM  
Post-Op Classes  
6 Month – 9:00AM  
6 Week Solid Food – 2:00PM |
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| 7   |     |     |     |     |     |     |
| 8   | Bypass, Sleeve & D-Switch Post-Op Class (in person)  
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|     | Post-Op Teleconference for 1, 3 & 6 Week: 8:00AM  
Post-Op Classes  
6 Month – 9:00AM  
6 Week Solid Food – 2:00PM  
Post-Op Teleconference  
First Fill – 5:30pm |
|     |     |     | Pre-Op Surgery Teleconference  
8:00am |
|     |     |     |     |     |     |     |
|     | 14  | 15  | 16  | 17  | 18  |     |
| 18  | Pre-Op Surgery Class  
11am – 1pm |
| 19  | 20  | 21  | 22  | 23  | 24  | 25  |
|     | Post-Op Teleconference for 1, 3 & 6 Week: 8:00AM  
Post-Op Classes  
6 Month – 9:00AM  
6 Week Solid Food – 2:00PM |
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3 week – 9:30AM |
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|     | Post-Op Teleconference for 1, 3 & 6 Week: 8:00AM  
Post-Op Classes  
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Pre-Op Surgery Teleconference  
8:00am |
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| 28  | Bypass, Sleeve & D-Switch Post-Op Class (in person)  
1 week – 8:00AM  
3 week – 9:30AM |
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| 30  |     |     |     |     |     |     |
| 31  |     |     |     |     |     |     |
Rose Bariatric Center Group Classes via Phone
FREE distance Teleconference classes

Pre-Operative Surgery Nutrition Class
Teleconference
Date: 2nd and 4th Tuesdays of the month at 8am
Instructor: Hilary Rounds, Registered Dietitian
Register: RSVP to Hilary.Rounds@Sodexo.com
Description: This is a required class designed to give you the knowledge and skills needed for success after surgery and ensure you have the necessary information to prepare for your surgery.

Post-Operative Nutrition Class
Teleconference
Date: Mondays at 8am for 1, 3 & 6 Weeks Post-op
Instructor: Hilary Rounds, Registered Dietitian
Register: No Pre-Registration Required
Description: Critical to your continuing success. Learn the different stages of your diet progression after surgery towards soft and solid foods. Expand your food choices for improved success and enjoyment!

1st Fill Class
Teleconference
Date: 2nd Monday of the month at 5:30pm
Instructor: Hilary Rounds, Registered Dietitian
Register: RSVP to Hilary.Rounds@Sodexo.com
Description: Review the “Rules of the Tool” and become more educated on how to use your band effectively. Learn to recognize if the band fill is too tight or too loose and gain new strategies to prevent complications.

Back to Basics Class
Teleconference
Date: 2nd Tuesday of the month at 5pm
Instructor: Hilary Rounds, Registered Dietitian
Register: RSVP to Hilary.Rounds@Sodexo.com
Description: For those 3 months, 6 months, 9 months and beyond! Bring your questions and review the “Rules of the Tool.” Reinforce your new lifestyle, establish good habits and re-energize your success.

Rose Bariatric Center Buddy System
Are you interested in having a bariatric buddy who can relate to you? Would connecting with someone in your area support you in your weight loss journey? If you are interested in this program, please contact Hilary.Rounds@sodexo.com for more information.

We are looking for additional Bariatric Buddy Mentors! To qualify, you should be at least 6 months out from your surgery. We are looking for men and women who have had lapband, gastric bypass, gastric sleeve, and duodenal switch procedures. Please contact Hilary.Rounds@sodexo.com to join our Mentor team.

Access all teleconference classes via phone
Telephone: 1-866-214-0726
Access code: 407555#
## Post-Operative Support Groups & Fitness – March 2017

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<td>5</td>
<td>WLS Buddies Meet Up</td>
<td>Easy Hike – Lair O’ the Bear</td>
<td>10:00am</td>
<td><a href="https://www.meetup.com/Denver-WLS-Buddies/">https://www.meetup.com/Denver-WLS-Buddies/</a></td>
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<td>6</td>
<td>Gastric Bypass Support Group (In Person)</td>
<td>6:30 – 8:00pm</td>
<td>Note: Also available via teleconference</td>
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<td>7</td>
<td>Pre/Post-Op Support Group @ Adventure Fitness Athletic Club</td>
<td>6:30pm</td>
<td>RSVP: Susan Schaffner <a href="mailto:susan@adventurefitness.club">susan@adventurefitness.club</a></td>
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<td>8</td>
<td>Back to Basics Post-Op Class (In person)</td>
<td>11 AM</td>
<td>RSVP: <a href="mailto:Hilary.Rounds@Sodexo.com">Hilary.Rounds@Sodexo.com</a></td>
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<td>Phoenix Fitness Free Walk Group (Details p. 10)</td>
<td>8:30am – 9:30am</td>
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<td>13</td>
<td>Gastric Sleeve, &amp; Duodenal Switch Support Group (in person)</td>
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<td>14</td>
<td>Back to Basics Post-Op Class Teleconference</td>
<td>5 PM</td>
<td>RSVP: <a href="mailto:Hilary.Rounds@Sodexo.com">Hilary.Rounds@Sodexo.com</a></td>
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<td>15</td>
<td>Menu Planning Series Recipes</td>
<td>6 PM</td>
<td>RSVP: <a href="mailto:aiyanagv3@gmail.com">aiyanagv3@gmail.com</a></td>
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<td>Phoenix Fitness Free Walk Group (Details p. 10)</td>
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<td>20</td>
<td>Back to Basics Post-Op Class (in person)</td>
<td>6:30 PM</td>
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<td>Gastric Band &amp; Intragastric Balloon Support Group (in person)</td>
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Rose Bariatric Center In-Person Programs

Check out the many FREE classes Rose offers at our campus!

Pre-Operative Surgery Nutrition Class
Date: 1st, 2nd, and 4th Wednesdays of the month from 5pm-7pm
And 1st, 3rd, and 5th Wednesdays of the month from 11am-1pm
Instructor: Hilary Rounds, RDN
Register: RSVP to 303-320-7673 (REGISTRATION IS REQUIRED due to LIMITED SEATING)
Description: This is a required class designed to give you the knowledge and skills needed for success after surgery and ensure you have the necessary information to prepare for your surgery.
Location: Rose Bariatric Center 4545 E. 9th Ave in Denver, Suite 650 (NE corner Clermont/9th Ave, next to main hospital)

Sleeve, Bypass & Duodenal Switch: 1, 3 & 6-Week Post-Operative Classes (required)
Date: One-week in-person class each Wednesday at 8am; Three-week in-person class each Wednesday at 9:30am; and 6-week class each Monday at 2:00pm (also available via Teleconference, see p. 3 for details)
Instructor: Hilary Rounds, RDN
Register: You are automatically pre-registered!
Description: Critical to your success. Learn the different stages of your diet progression after surgery towards soft and solid foods. Expand your food choices for improved success and enjoyment.
Location: Rose Bariatric Center 4545 E. 9th Ave in Denver, Suite 650 (NE corner Clermont/9th Ave, next to main hospital)

Back To Basics Class
Date: 2nd Wednesday of the month at 11am or 3rd Monday of the month at 6:30pm
Instructor: Hilary Rounds, RDN
Register: RSVP to Hilary.Rounds@Sodexo.com
Description: For those 3 months, 6 months, 9 months and beyond! Bring your questions and review the “Rules of the Tool.” Reinforce your new lifestyle, establish good habits and re-energize your success. Weight Plateau? Back to Basics!
Location: Rose Bariatric Center 4545 E. 9th Ave in Denver, Suite 650 (NE corner Clermont/9th Ave, next to main hospital)

6th Month Post-Op Class (required)
Date: Mondays at 9am
Instructor: Hilary Rounds, RDN
Register: RSVP to Hilary.Rounds@Sodexo.com
Description: This is the perfect class for a refresher of the Rules of the tool and great tips from our Registered Dietitian on ways to change up your meals and exercise. Let’s keep you on track and enjoying success!
Location: Rose Bariatric Center 4545 E. 9th Ave in Denver, Suite 650 (NE corner Clermont/9th Ave, next to main hospital)

Pregnancy After Bariatric Surgery
Remember, pregnancy is not recommended within the first year following Bariatric surgery as this is a time of many changes with great nutritional demands on the body. After this time, pregnancy can be a natural and healthy part of the bariatric lifestyle. Nutritional concerns should be addressed throughout the pregnancy and appropriate weight gain monitored. Goals of the Bariatric Pregnancy Program: Achieve healthy pregnancy and newborn; start from a healthy pre-pregnancy condition; and weight and health management after delivery. For additional information please email Kim or Hilary: Kim.Delamont@healthONEcares.com or Hilary.Rounds@sodexo.com

Young Adult Medical & Surgical Weight Loss Program (<21 years old)
Obesity is among the easiest medical conditions to recognize but most difficult to treat. Between 16 and 33 percent of children and adolescents are obese, and overweight children are much more likely to become overweight adults unless they adopt and maintain healthier patterns of eating and exercise. Contact the Rose Bariatric Program about creating a new healthy lifestyle. View the 9 News story for additional background information!
Goals for the Rose Bariatric Young Adult program include: Promoting a healthy body image, fostering parental support & education about food and physical activity, and nutritional and behavioral modification. For more information visit www.RoseKnowsWeightLoss.com and contact Kim.Delamont@healthONEcares.com or Hilary.Rounds@sodexo.com
Rose Bariatric Center Free Support Groups

We offer the following programs as part of Rose Bariatric Center’s comprehensive commitment to your continued success.

**Gastric Bypass Support Group**

**Date:** 1st Monday of the month at 6:30pm
**Facilitator:** Hilary Rounds, Registered Dietitian
**Description:** This group is a wonderful open forum for people before and after surgery to come and listen to others’ experiences, ask questions, and build a social support network. We discuss a new topic monthly to help you stay on track and encourage participation for your success!

**Location:** Rose Bariatric Center
4545 E. 9th Ave in Denver, Ste 650
(NE corner Clermont/9th Ave, next to main hospital)

**Contact Info & RSVP**
Hilary.Rounds@Sodexo.com
or call 303-779-9355

**Gastric Sleeve & Duodenal Switch Support Group**

**Date:** 2nd Monday of the month at 6:30pm
**Facilitator:** Hilary Rounds, Registered Dietitian
**Description:** This group is a wonderful open forum for people before and after surgery to come and listen to others’ experiences, ask questions, and build a social support network. We discuss a new topic monthly to help you stay on track and encourage participation for your success!

**Location:** Rose Bariatric Center
4545 E. 9th Ave in Denver, Ste 650
(NE corner Clermont/9th Ave, next to main hospital)

**Contact Info & RSVP**
Hilary.Rounds@Sodexo.com
or call 303-779-9355

**Gastric Band & Intragastric Balloon Support Group**

**Date:** 4th Monday of the month at 6:30pm. (Note: not the last Monday of the month!)
**Facilitator:** Hilary Rounds, Registered Dietitian
**Description:** This group is a wonderful open forum for people before and after their procedures to come and listen to others’ experiences, ask questions, and build a social support network. We discuss a new topic monthly to help you stay on track and participate in your success!

**Location:** Rose Bariatric Center
4545 E. 9th Ave in Denver, Ste 650
(NE corner Clermont/9th Ave, next to main hospital)

**Contact Info & RSVP**
Hilary.Rounds@Sodexo.com
or call 303-779-9355

All support groups offered in person or via phone!

GlobalMeet Enabled

Join us each month onsite at the Rose Bariatric Center or call in to our teleconference classes.
**Cauliflower Crust Pizza**

**Prep Time:** 20 min  
**Cook Time:** 20-25 min  
**Servings:** 2

**Ingredients:**
- Nonstick spray
- 2 1/2 cups cauliflower, grated (about 1/2 a large head)
- 1 large egg, lightly beaten
- 1 1/4 cups shredded part-skim mozzarella cheese
- 2 tablespoons grated parmesan cheese
- Kosher salt and freshly ground black pepper
- 1/4 cup tomato sauce
- 1 cup grape tomatoes, sliced in half
- 2 cloves garlic, sliced
- 1/4 teaspoon crushed red pepper flakes
- Fresh basil leaves, optional

**Directions:**
1. Line a rimmed baking sheet with parchment paper, and preheat oven to 425ºF.
2. Grate the cauliflower using a box grater until you have two cups of cauliflower crumbles. Place in a large bowl and microwave for seven to eight minutes, or until soft. Remove from the microwave and let cool.
3. Mix in the egg, one cup mozzarella, parmesan cheese, and salt and pepper. Once combined, pat into a 10-inch round on the prepared pizza pan. Spray lightly with nonstick spray and bake for 10 to 15 minutes, or until golden.
4. Top the pizza with the sauce, 1/4 cup mozzarella, grape tomatoes, garlic, and red pepper flakes. Bake in the oven until melted and bubbly, another 10 minutes. Top with basil before serving.

**NUTRITION INFO:**
(Per Serving: ½ pizza) Calories: 272, Total Fat: 14.5g, Total Carbohydrate: 14.4g, Protein: 23.6g

Recipe from: [http://www.popsugar.com/fitness/Low-Carb-Cauliflower-Crust-Pizza-Recipe-30739512](http://www.popsugar.com/fitness/Low-Carb-Cauliflower-Crust-Pizza-Recipe-30739512)
Restaurant Dietitian Consultations Available

Our dietitians are experts in food and nutrition – especially pertaining to people who have had bariatric surgery. Dietitians will help promote your good health through appropriate eating habits and help you stay on track. If you have questions, have hit a weight plateau, or want assistance – we are here for you!

The goal of the dietary department is to provide medical nutritional intervention for our patients. You may contact our Dietitians for a one-on-one consult. To set up an an appointment, contact us at 303-779-9355 or email Hilary.rounds@sodexo.com

Menu Planning Series

**Event Date:** 3rd Wednesday of the month at 6pm  
**Instructor:** Gina Vega  
**Description:** Learn what to look for when grocery shopping, gain new recipe ideas, and learn how to effectively plan your success!  
**Location:** Rose Bariatric Center, 4545 E. 9th Ave in Denver, Suite 650 (NE corner Clermont and 9th Ave, next to main hospital).  
**Fee:** $25 per month. Only $20 per month if you pre-register for 3 or more classes!  
**RSVP:** Must RSVP with our Dietitians at aiyanagv3@gmail.com

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<tr>
<th>Date</th>
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<tr>
<td>February 15, 2017</td>
<td>*Grocery Store Tour (location – King Soopers): Learn how to read labels, navigate the grocery store, and find ways to get out of the food rut</td>
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<tr>
<td>March 15, 2017</td>
<td><strong>Recipes</strong> Learn how to modify current recipes, learn some new ones and try RD’s favorite high protein dish!</td>
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<td>April 19, 2017</td>
<td><strong>High Protein Breakfast Options</strong>: Sick of yogurt and eggs? Discover ways to make your breakfast staples more appealing</td>
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<td>May 17, 2017</td>
<td><strong>Carbohydrates</strong>: Answering what are carbohydrates and which ones are the best for you</td>
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<tr>
<td>June 21, 2017</td>
<td>*Grocery Store Tour (location – King Soopers)</td>
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<td>July 19, 2017</td>
<td>“Beefing Up” the Basics: Taking your basic &amp; recommended foods a step up above the average</td>
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<td>August 23, 2017</td>
<td><strong>Portable Proteins</strong>: Learn about nutrient packed, easy-to-take-with-you snacks that don’t require refrigeration.</td>
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<td>September 20, 2017</td>
<td><strong>Lunch on the Fly</strong>: Don’t let lunch pass you by, come learn about quick nutrient rich lunch ideas.</td>
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<td>October 18, 2017</td>
<td><strong>Holiday Planning and Menus</strong>: Learn how to eat during the holiday parties and prepare Bariatric meals during the holiday season.</td>
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<tr>
<td>November 22, 2017</td>
<td><strong>Delicious Desserts</strong>: Learn how to prepare yummy desserts that all will like and still fit in rules of the tool.</td>
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Rose Recommends: Fitness Specialists

Want an outlet for your new energy? Excited to keep your success going?

**NORTH Metro Denver**

Adventure Fitness Athletic Club is a bariatric and orthopedic-focused facility working with pre- and post-op patients. AFAC offers:

- Personal Training
- Inside & Outside Group Classes such as Body Sculpt, Functional Training, Nordic Walk, Running Club & more (see website for list).
- State of the Art Exercise Equipment
- Dedicated Bariatric Leader & Licensed Clinical Social Worker (LCSW)
- In-house Support Groups, Massage Therapy
- Climbing Wall and Bouldering Cave

Check website for Grand Opening special. Adventurer Membership offered for $29.99, includes free Fitness Assessment & Body Analysis.

**Location & Contact:** 12301 Grant St. Suite #210, Thornton, CO 80241. 303.920.2030 option #8 or visit www.AdventureFitnessAthleticClub.com

**Trainers:**

- **Craig Shires** owner of Adventure Fitness Athletic Club, is a certified Master Trainer and OTA and PTA certified as well as many other certifications, and has been serving Rose Bariatric Center since 2006. His philosophy focuses on continual life-long learning.

- **Malini Shires** is a Personal Trainer, Lifestyle and Weight Management Specialist. Malini has a passion for health and fitness, coupled with her teaching background, leading to a trainer certification through A.C.E. in 2006.

- **Corbette Soltysiak** was born and raised in Michigan and has a Bachelor’s degree from Michigan State University in exercise science. She is a certified Personal Trainer through NASM. Corbette’s goal is to guide and support people in getting results, confidence and to find their own love of health and fitness.

**SOUTH Metro Denver**

Colorado Center for Health & Sports Science (CCHSS) – Neil Wolkodoff, PhD

**Description:** CCHSS offers a variety of medical fitness assessments, exercise options with state-of-the-art equipment, segmental body composition assessments to aid patients in setting their overall exercise plan, gait analysis and shoe orthotic fabrication, and VO2 Metabolic testing to enable people to use personal target heart rate zones for increases results.

Fat composition testing and analysis available. Dr. Wolkodoff has worked with our bariatric patients for years and provides personalized assistance.

**Instructor:** Neil Wolkodoff, PhD

**Location:** 2468 S. Colorado Blvd, Denver, CO 80222 inside Colorado Home Fitness, Call for hours

**Contact Info:** visit www.cochss.com, email neil@cochss.com or call 303.596.6519.

D2K Personal Training, Darrin Kubik

**Description:** One-on-one personal training with Darrin Kubik, Personal Trainer, W.I.T.S. certified. Serving Rose Bariatric Center patients for over 5 years!

**Location:** Essential Fitness - 5425 Landmark Place, Suite 305, Greenwood Village, CO 80111

**Contact Info:** Call 720.333.9063, email dkubik1234@yahoo.com or www.d2kfitness.com

Cherokee Cingoranelli

**Description:** One-on-one personal training sessions with Cherokee, personal trainer. She can train you at your house or at her location. Cherokee has been a partner with Rose Bariatric Center for many years. Contact her directly to set up an appointment!

**Contact Info:** Call 303.257.3976 or email cherokee123@yahoo.com
Phoenix Fitness Denver
At Phoenix Fitness our mission is to help people improve their quality of life by creating a clear path to an active and sustainable lifestyle. We educate our clients, hold them accountable, and help them overcome barriers in a supportive environment that fosters change.

Phoenix Fitness is a non-membership based company that specializes in people through all stages of the weight loss journey. We offer one-on-one personal training, small group personal training, self-paced online workouts, InBody Scan, and nutritional support. We are committed to supporting you every step of the way.

1st Class is always Free, and join the Free Saturday morning walk groups.

If you have any questions concerning fitness, how to get started or join the free walking group, please contact Geof Shuford at info@phoenixfitnessdenver.com or call 720 295 2804. Geof and Erica and the team understand and are here to help you!

Geof Shuford, Phoenix Fitness Denver
Description: Geof is an NSCA-certified personal trainer. He is a part of a top-notch fitness team whose focus and commitment is to the pre- and post-surgery bariatric client.
Instructor: Geof Shuford, NSCA Certified Personal Trainer
Contact: email info@phoenixfitnessdenver.com or call 919.621.4269.
Schedules: View class fitness schedules and meet our coaches at www.PhoenixFitnessDenver.com
Location & Contact: Central Denver (Near Sports Authority Field). 2575 W. 8th Ave., Denver, Colorado 80204.

Colorado Personal Fitness
Colorado Personal Fitness is founded on the principal of functional training to help our clients get the most out of their lives. We use bodyweight, TRX, bands and other fun tools to help our clients reach their goals in a safe, fun and rewarding way. We have help clients lose weight, feel great and enjoy a quality of life they deserve. 2nd Location coming soon, and we offer clients a free consult to ensure you are comfortable with us!

Sean Sewell NSCA, NPTI, TRX Certified Personal Trainer
Description: Specializing in Functional Training – programs to enhance your day-to-day life and activities. I love helping clients achieve your fitness goals!
Instructor: Sean Sewell, NSCA, TRX- Force and NPTI Certified Personal and Group Trainer
Location: Absolute Personal Fitness 12364 W. Alameda Parkway #105, Lakewood CO 80228. Also available in-home in Denver / Cherry Creek area.
Contact Info: email ptseansewell@gmail.com phone 303-886-3208 or visit ColoradoPersonalFitness.com
# Important Contact Information

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Dr. Michael Snyder</td>
<td>303-280-0900</td>
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<tr>
<td>Dr. Matthew Metz</td>
<td>720-851-1610</td>
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<tr>
<td>Dr. John Weaver</td>
<td>303-320-7826</td>
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<td>Dr. Krzysztof Wikiel</td>
<td>303-320-7826</td>
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<tr>
<td>Dr. Doru Georgescu</td>
<td>303-452-0059</td>
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<tr>
<td>Rose Bariatric Center Director Kim Delamont, NP</td>
<td>303-320-2134</td>
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**Post-operative dietary questions?**
Reach our Rose Bariatric Center Dietitians at 303-779-9355
or by email at Hilary.Rounds@Sodexo.com

**Teleconference and Online Class & Seminar Access Information**
Phone: 1-866-214-0726
Access code: 407555#

All Rose Bariatric Center Newsletters available online at RoseKnowsWeightLoss.com

Visit [RoseBariatricBlog.com](http://RoseBariatricBlog.com) for News & Updates