

A DAY AT STRUCTURE HOUSE

During the weekday you will be as busy as you want to be with more than 80 activities engaging body, mind and spirit. A slower pace on evenings and weekends provides an opportunity for socializing, recreation, relaxation and reflection.

7:00 am	Begin your day with aerobic exercise in the Life Extension Center.		herbs and other supplements in your healthy lifestyle.
8:00 am	Breakfast. Enjoy a 4-egg white mushroom omelet, English muffin, strawberries and yogurt with decaffeinated hot tea or coffee.		<i>alternative:</i> "Water Aerobics," a pool class providing a cardiovascular workout.
9:00 am	Attend "Eating Out Smart" and learn the principles of controlling food intake in American, Italian, Chinese, Japanese, Mexican and other types of restaurants.	3:10 pm	Attend the "Sit-N-Spin" class to improve cardiovascular fitness through this musically driven exercise class that uses stationary bikes. <i>alternative:</i> Spend some time relaxing with other participants in the courtyard.
10:10 am	Attend "Getting Structured" with program founder Dr. Gerard Musante and gain insights into psychology of weight loss and lifestyle change. <i>alternative:</i> "Water Exercise," a pool class for maximizing fat burning and minimizing impact.	4:10 pm	Meet with therapist Shula Lazarus for a one-on-one session. <i>alternative:</i> "Diary Workshop," a class on how a food diary helps you stay structured at home.
11:10 am	Attend "Health Benefits of Exercise" and learn how you will benefit by bringing a variety of activity into your daily life. <i>alternative:</i> "Relaxation/Creative Visualization," an experimental behavior workshop for help in healing body, mind and spirit.	5:30 pm	Dinner. Enjoy the menu selection of grilled chicken with Creole sauce, brown rice, peas and melon or try the alternative entrée of spicy blackened fish and your choice of vegetable and fruit from the optional menu list.
12:00 pm	Lunch: Enjoy the menu selection of tuna salad, broccoli and cauliflower, broiled tomato and fruit or create your own soup and sandwich combination.	6:30 pm	Enjoy recreational activity with staff members and other participants. <i>alternative:</i> Stroll on the Structure House nature trail.
1:10 pm	Attend "Toning and Weight Lifting" and learn the benefits and principles of training with hand weights. <i>alternative:</i> "Just Feel It, Just Do It," a behavior class using experimental exercises and drama therapy for insights into the connection between emotions and eating.	7:15 pm	Attend "Total Stretch" for a soothing flexibility class. <i>alternative:</i> A relaxing massage with a certified massage therapist.
2:10 pm	Attend "Food Pharmacy" and learn about the appropriate role of vitamins, minerals,	8:00 pm	Join others in the lounge or retire to your comfortable apartment.