

[View this email in your browser](#)



# GREEN MOUNTAIN

PARTNERS FOR HEALTH

---

Exciting News for  
Colorado Weight Care  
April 2020

---



# Exercise training covered by insurance, meet Carrie our PA and health living in the world of COVID



## Meet Carrie!

Carrie Oss is a Physician Assistant who has joined our team at Green Mountain Partners for Health. She will primarily be assisting Dr. Francavilla with the weight loss patients in her practice and will be focusing on assisting with education and encouragement of healthy lifestyle choices. You may be hearing from her soon to remind you to check in! She will also be doing our group sessions, when we can restart those.



## Nutrition

Plan your meals each day and be sure to have healthy choices readily available. Eat plenty of protein and fiber (veggies!) and increase water consumption. Pay attention to emotional or stress eating. Ask yourself, “am I hungry?” If the answer is “no” then consider doing something else. Here are some ideas for a “toolbox” of alternate activities:

- Write in a journal - focus on the positive
- Talk to someone - in person, phone, video chat
- Take a walk, even if around the house
- Keep hands busy! Ideas include knitting, other craft projects, crossword puzzles, jigsaw puzzles, board or card games
- Listen to music or a podcast
- Take a hot bath



## NEW - Exercise Counseling

### Exercise

Exercising Counseling Sessions- covered by insurance! Get ready to sweat at home. As part of your treatment plan you can get exercise sessions with Dr. Francavilla in your home. Helping patients exercise has always been part of the dream of the clinic and as we expand telehealth and researched options- we can finally offer this service. You don't need any equipment and we believe these appointments will be covered by all insurance except Medicare. We recommend 45 minutes for your first exercise session and 30 minutes for follow ups or per your plan with Dr. Francavilla. We can do these up to once a week to start!

Last month we did our first ever CrossFit class for patients at CrossFit Common Fortitude- it was an awesome time and we have some strong patients!!! Unfortunately, we can't do an in person class again right now- but you can join us Saturdays for an at home work out at 10am with this zoom link: Join Us Online Via Zoom: <https://zoom.us/j/515359514>

You'll get to workout along side with CrossFit Level 1 Trainer Dr. Francavilla! All you need is comfortable workout clothes and water.

Even with the current Stay at Home order walking, running, or cycling outside are still options as long as social-distancing is practiced. Even 10-20 minutes of outside activity can be a powerful reset. Eventually, aim for at least 30-60 minutes of physical activity each day. There are many online options for fitness:

-Peloton has 90 days free right now and is more than a bike- they have strength, cardio and yoga classes that don't need equipment <https://www.onepeloton.com/digital/checkout/digital-90d>

-BeachBody (you may have heard of p90x, insanity of 21 day fix) <https://www.teambeachbody.com/shop/us?referringRepld=1345074>

-Fitbit Coach

-Asana Rebel

-Nike Training Club

-Aaptiv.



## Mental and Emotional Health

COVID is causing quite a lot of stress in all of our lives and it is important to acknowledge that stress and then to implement strategies to deal with it. Stress triggers the release of the hormone cortisol which can increase hunger and lower your metabolism so it is important to manage stress levels when striving to achieve healthy lifestyle goals.

- Create a daily routine and set goals for each day - keep them simple and doable. Be sure to alternate specific intervals for work and for brain-breaks and movement
- Practice self-compassion - be patient with yourself and be realistic about what you can achieve during this time. Celebrate small goals such as making your bed.
- Use breathing exercises or meditation to combat stress. Apps such as Calm, The Mindfulness App, Headspace, 10% Happier, and Breethe have free versions and activities that can be easily incorporated into daily routines.
- Reach out for social interaction with those around you, by phone, or by video connections - avoid complete isolation. We will make it through this time together!

*Copyright © 2020 Green Mountain Partners for Health, All rights reserved.  
You are receiving this as you are a patient at our practice.*

**Our mailing address is:**  
Green Mountain Partners for Health

200 Union Blvd Ste 311  
Lakewood, CO 80228-1831

[Add us to your address book](#)

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).

