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CONTRIBUTING WRITERSVicki Bovee, MS, RD, LD
Dr. Robert Brandt, Ph.D.
Liam J. Burns
Charles DeFrancesco, CPT
Cher Ewing
Chef David Fouts
Warren Huberman, Ph.D.
Gwynne Hunter
Jacqueline Jacques, ND
Katie Jay, MSW
Daa'iyah Jordan
Lee Kern, MSW, LCSW
Louisa Latela, MSW, LCSW
Susan Maria Leach
Rachel Lerner, CNC, FNC
Dr. Russ L'HommeDieu, DPT
Seth Margolies
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PUBLISHER'S NOTE



New year, new decade, new goals and aspirations. Perhaps there is a new you in store as well. Here at *WLS Lifestyles*, we want to help you reach your goals so that you can have the best year ever. This issue features a number of articles that can help motivate and inspire you to realize your dreams.

We are pleased to be spotlighting The Cleveland Clinic as our feature cover story. The Cleveland Clinic's commitment to becoming a role model for healthy living is improving one of the nation's most respected health care systems. The Cleveland Clinic Wellness Institute is helping people reverse the pain, fatigue, and debilitating effects of chronic diseases like obesity and diabetes. Their innovative program, Lifestyle 180, helps participants lose weight and learn hands-on how to live a healthy lifestyle. They have also launched initiatives for patients, visitors and employees to increase physical activity and encourage nutritious food choices. Read more to find out how the Cleveland Clinic is truly a pioneer in health care.

You can go from reading about a large-scale program to focusing on the health of a fist-size muscle – February is American Heart month. Dr. Nieca Goldberg shares recommendations for maintaining a healthy heart in **"Heart Health Awareness"** (page 22). Additional articles related to American Heart month are **"Heart Healthy Foods"** (page 40) and **"Healthy Substitutions"** (page 41). Vicki and Chef Dave can help guide you in choosing foods that protect your heart and blood vessels, and help you find that perfect healthy substitution when planning meals for your family.

After learning how to make healthy eating choices that can aid in weight loss, be sure to check out **"How to Make Weight Loss Last: Lessons From My Dog"** (page 58) for a simple reminder of how to keep weight off. Katie shows us how you can WAG and make your weight loss last. Need a tool to help you plan and take control of your weight loss? Visit **"The Power of Progress Planning"** (page 24) and get energized and empowered for success.

You will also find a number of creative weight loss surgery habits, that can help you lose weight, or help you maintain your weight loss following surgery, in **"Are You Dependent on Your Gastric Band?"** (page 42). If you are struggling with regain, be sure to read **"A Closer Look at Post-Surgery Regain"** (page 16). Lee helps you understand the reasons for post-surgery regain to help you prepare to protect your achievements.

With the new year upon us, we're looking forward to being there with you throughout your amazing journey, and helping you live your best year ever. Thank you for your continued support and readership.

Wishing you a healthy and happy New Year.

Best wishes,

Rebecca K. Ricard

SEND LETTERS TO info@wslifestyles.com