

Healthy Futures News + Views

An Educational Newsletter Covering Eating Disorder Treatment and Other Mental Health Issues ~December 2014 Vol. 3, Issue 4

New movement therapy offered

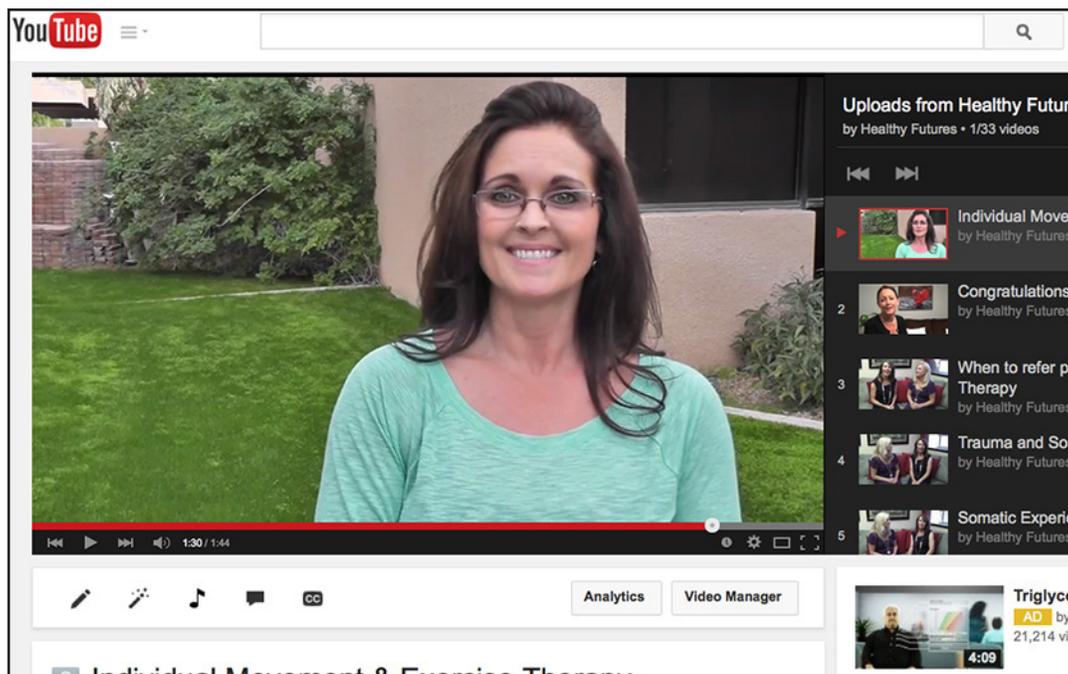
For those who struggle with eating disorders and other eating issues, the New Year holiday is rife with challenges. The near-universal New Year's Resolution to "lose weight" can even threaten someone's recovery progress.

Despite this, Healthy Futures recognizes the New Year is the traditional time to consider improvements to fitness, health and wellness, and in that spirit, will soon be offering "Individual Movement and Exercise Therapy." (IMET)

The new program is being led by Healthy Futures team member and exercise consultant, Kelley Aungst.

Kelley, along with Healthy Futures Director, Mia Elwood, developed IMET after recognizing the need for exercise and wellness programs for those in the eating disorder community – programs that are safe both physically and for mental health.

The new program offers many benefits, especially for those already making progress at Healthy



Kelley Aungst, NSCA, CPT, introduces Healthy Futures' new Individual Movement and Exercise Therapy by video announcement. The videos can be seen on Healthy Futures' Youtube channel at Youtube.com/HealthyFuturesAZ.

Futures. Kelley will bring all necessary equipment to Healthy Futures and meet clients for sessions on site.

Because Kelley is a Healthy Futures team member, she has a unique understanding about developing individual fitness programs for those with eating disorders.

"I know how important proper exercise is to overall wellness and recovery," she said. "I'll be using a

holistic approach for body and mind, for our clients' physical well being, and that includes offering an individual program based on that person's needs and individual goals, not someone else's."

Kelley is a Certified Personal Trainer through the National Strength and Conditioning Association (NSCA) and holds a specialty certification in Holistic Fitness, which encompasses Eating Dis-

orders, Traumatic stress, depression and anxiety.

Healthy Futures offers Arizona's longest-running Intensive Outpatient Eating Disorder Program.

It is located at 8065 N. 85th Way in Scottsdale, Arizona.

For more info, see HealthyFuturesAZ.com online, or call (480) 451-8500.

Congratulations to our own DOCTOR Kim DiRé

Healthy Futures team member Kim DiRé recently placed two impressive feathers in her professional cap, and we are happy to share her remarkable achievements.

First, on December 5, Kim received the “Spirit Award” at the annual Sierra Tucson “Gratitude for Giving” ceremony.

In front of family, friends and colleagues, Kim received the award at the breakfast ceremony in the Veranda Room at the The Pointe Hilton Squaw Peak Resort.

The Spirit Award is bestowed on an outstanding mental health professional in a specialty field, such as eating disorder treatment. The honor went to Healthy Futures Director, Mia Elwood, in 2011.

Less than two weeks later – on Dec. 17 – Kim crosses the stage at Wells Fargo Arena, and in doing so, officially becomes DOCTOR Kim DiRé.

The graduation ceremony culminates years of



(Above) Kim DiRé, center, is surrounded by Healthy Futures team members at the annual Gratitude for Giving award ceremony. From left is Glo Ortega, Sheri Robenstine, Jeanne Phillips, DiRé, Ilene Smith, Mia Elwood and Dr. J.R. Evans.

(Right) Kim displays the Spirit Award.

persistence and study, as Kim earns her Doctorate of Behavioral Health.

Congratulations, Kim!

