

The Tyranny of Urgency versus The Important

Since starting the Weigh Station some five years ago I've been aware of how many people at the beginning of each year stress to us how important it is that they get started immediately. To everyone it is important to secure an appointment with us during that first month. I recalled a sermon I had heard by Rick Godwin called **The Tyranny of Urgency versus The Important**. Until we separated The Urgent from The Important we found ourselves working a lot more and enjoying it a lot less. We were in need of 30 hour days.

We at the Weigh Station realized that our dilemma went much deeper than just the shortage of time; it was a basic problem of setting our priorities in some type of organization. Hard work does not hurt us; we all know how to 'go, go, go!' It's not the hard work but the doubts and misgivings that produce anxiety as we sense uneasily that we may have failed to do what was most important. The winds of our patients' demands could drive us to the reef of incredible frustration because we must confess that, "We have left undone those things which we ought to have done. And we have not done those things which we ought to have done."

We live in a constant tension between what is urgent and what is important. The important task must be done now. Many time in the emergency room I had to separate one from the other. Many times patients complained that the doctor didn't see them quickly enough for their coughs or colds or rash. The reason was that I was saving the lives of five kids involved in a head-on car crash! Learning to adjust my priorities in the intense jungle of the ER gave me a new priority list.

Each day at the Weigh Station we have many patients demanding our time asking us the reasons for their obesity, their high blood pressure, elevated triglycerides and cholesterol. Yet they had just come from their doctor's office and were told that they must make lifestyle changes and it had to happen now! They had put it off for many years. They needed to have taken their health seriously over the years and they had not. The stories of the demands made on Jesus gave us an insider's view on how to ration our time under these circumstances.

Jesus faced similar demands the gospel record shows us. After a very busy day, Mark says that at that evening at sundown they brought to him all that were sick and possessed with demons and the whole city gathered about his door. He healed many who were sick and cast out many demons. On another occasion the demand of the ill and maimed caused him to miss supper. Mark 3:21 says that one day after a strenuous teaching session, Jesus and his disciples went out to a boat where even a storm could not awaken him. That's a picture of exhaustion, wouldn't you say?

What was Jesus' secret to being able to always take time for his people? Mark tells us that in the morning, a great while before the day, Jesus awakened and went out to a lonely place where he prayed. He prayerfully waited for his father's instruction and for the strength to follow it. Jesus had no divinely drawn up blue print; he discerned the Father's will day by day in a life of prayer. He obtained a sense of direction, set a steady pace and was able to do every task that God had assigned to him. **In this way he would ward off the urgent and accomplish the important.**

If a Christian is too busy to stop, take spiritual inventory and receive his assignment from God, he becomes a slave to the **tyranny of urgency**. Our Weigh Station patients must take the time to evaluate their efforts over the past year. And they must ask themselves, "Am I doing what I am supposed to do, or am I making excuses for every time I fail?" It is urgent that you lose your weight, but it is important that you get healthy---even though it seems they both go hand-in-hand. Eating right to lose weight and exercising to get fit will carry you to a new level. Evaluate your position right now as you read this newsletter. Are you where you want to be? If not, what is holding you back? And what will make you succeed?

Return to that desire that first made you come to the Weigh Station to lose your weight. Then lay out what is urgent versus what is important to you. Now you can make it happen. Chart your course from this day forth...and we'll soon see the lighter side of you. And you will be free from **the tyranny of urgency versus the important**.

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Evening Exercise Classes!

I am excited to announce the start of an evening exercise class designed around the needs of stage two patients! This class is a beginner/intermediate class that incorporates full body motion, use of bands and balls and low impact aerobic exercise to help you get the body you desire. Together we will create a fun and active environment that makes getting in shape something to look forward to.

Currently, evening classes are being held at Pathway's gym (located in the same mall as The Weigh Station in Christiansburg) on Mondays, Wednesdays and Fridays. These classes start at 5:30pm and will last 30-45 minutes.

The Weigh Station exercise class schedule:

Monday	11:00am-12:00pm	Motor Mile Fitness Center
	5:30pm-6:30pm	Pathway Christian Academy
Tuesday	10:30am-11:15am	Motor Mile Fitness Center
Wednesday	11:00am-12:00pm	Motor Mile Fitness Center
	5:30pm-6:30pm	Pathway Christian Academy
Thursday	10:30am-11:15am	Motor Mile Fitness Center
Friday	11:00am-12:00pm	Motor Mile Fitness Center
	5:30pm-6:30pm	Pathway Christian Academy

Additional Activities:

We offer monthly cooking classes on Wednesdays in Christiansburg. Be sure to ask our receptionist when the next one is!

Sharing The Journey:

Sharing the Journey is a support group where you can get together with others in a similar situation, talk about problems you may have had in the past, help others overcome their obstacles or maybe just vent your frustrations. We want you to know that you are not alone in your struggles and EVERYONE is invited to attend!

Linda Snead will be directing these meetings and you can read more about her on our website www.weighstation.net

Sharing the Journey meetings are held Thursday nights from 7:00pm-8:00pm. The first and third Thursdays are at the Christiansburg Weigh Station. The second and forth Thursdays are at the Valley View Holiday Inn.

Cleveland Clinic Study:

Successful Weight Loss Depends on Frequency of Interaction with a Dietitian

Physicians frequently prescribe medications to help individual's lose weight. More often than not, few other lifestyle modification changes are recommended, or resources provided. (*Not so at The Weigh Station) Researchers sought to compare methods of delivering lifestyle modification programs to patients receiving sibutramine, a prescribed weight loss medication.

367 obese patients were randomly assigned to one of five lifestyle intervention groups for six months: High-frequency face-to-face lifestyle modification counseling (HF-F2F); low-frequency face-to-face lifestyle modification counseling (LF-F2F); high-frequency telephone counseling (LF-TEL), high-frequency e-mail counseling (HF-EM); or no dietitian contact (Self-Help). All of the participants received 10 mg/day of sibutramine, a lifestyle manual, and access to a weight loss web site.

At 6-months, the mean weight loss from baseline in the HF-F2F (8.9%) and HF-TEL (7.7%) groups was similar, and significantly greater than the other groups. The LF-F2F weight loss was 6.4%, HF-EM 5.9%, and Self-Help 5.2%. All of the groups showed improvements in other areas, such as waist circumference, blood levels of high-density lipoprotein (HDL) cholesterol and triglycerides, and measures of quality of life.

Bottom Line: This study once again shows that the more frequently a person interacts with a dietitian to help in their weight loss endeavors, the greater the weight loss – even if weight loss medication is involved. The HF-TEL contact with a dietitian was similar to HF-F2F in promoting weight loss. Even the email counseling resulted in a weight loss that, sustained over time can have a considerable impact on a person's risk of developing disease. In real-world situations, it may be difficult to conduct face-to-face sessions with a provider over the long haul, but when other methods are used together, they can work synergistically to help a person achieve their desired weight loss.

Source: http://my.clevelandclinic.org/heart/prevention/nutrition/news/successful_weight_loss_dietitian.aspx

At The Weigh Station our Dietitian is available anytime during stage 1&2 of the diet. Her name is Tricia and you can email her at tfoley@weighstation.net with questions or request a free appointment with her for help with meal preparation, etc. You will also get to know her once you reach maintenance. Building an on going relationship with her (especially in maintenance) is welcomed!

Keeping a Healthy Heart

Keeping your heart healthy is more challenging than ever before. With fast food at our finger tips and busy work schedules keeping us sedentary, it should come to no surprise that heart disease is the number one killer in America. In 2010, approximately 785,000 Americans had a new coronary attack, and another 470,000 had a recurrent attack. It is estimated that every 25 seconds another American will have a coronary event, and about one every minute will die from one. With the New Year still fresh on our minds, now is the perfect time to make a resolution to take care of your heart.

Nutrition and heart health go hand and hand. Conditions that put your heart at risk can also be prevented and or managed (to some extent) though a healthy diet. These include peripheral artery disease (PAD), high cholesterol, high blood pressure, obesity and diabetes.

Eating your fruits, veggies and heart healthy fats while on the program is imperative to keeping your heart healthy! Here's why; healthy foods all have something in common; they contain powerful nutrients that work together to protect us from disease. Here is how:

Fruits and vegetables are rich in antioxidants, vitamins and minerals. For example, vegetables like broccoli, red pepper and spinach (to name a few) are rich in B vitamins. Deficiencies in vitamin B have been associated with a higher risk for heart disease in some studies. This is because these deficiencies produce higher blood levels of homocysteine, an amino acid that has been linked to a higher risk for heart disease, stroke, and heart failure. Fruits like berries are rich in antioxidants which protect our cells from free radicals or oxidants that can cause disease.

Fat is also essential for heart health, you just need to make sure to choose carefully. New research indicates that the kind of fat is more important than how much fat you eat when it comes to reducing heart disease. Monounsaturated fatty acids (MUFA) as well as polyunsaturated fatty acids (PUFA) including olive oil and omega 3 rich fish are all considered heart healthy. Fatty fish rich in omega 3 should be consumed at least two times per week. These fish contain docosahexaenoic (DHA) and eicosapentaenoic (EPA) acids which have significant heart health benefits. Emerging research also shows that coconut oil, a medium chain saturated fat is also heart healthy. Unlike other saturated fats, medium chain saturated fats are utilized for energy (versus being stored) and can also increase HDL cholesterol (healthy cholesterol) resulting in a lower risk of heart disease. Over all it is still recommended that saturated fats are limited to less than 7% of your overall dietary intake per day. For heart protection, choose lean meat with less saturated fat and limit red meat to no

more than two times per week. Low fat cheese should also be chosen for this reason. Trans fats or partially hydrogenated oils should be avoided, foods containing trans fat include margarines, commercial baked goods, snack foods and fried foods. It is always a good idea to look at the ingredients list to make sure there are no partially hydrogenated oils present since nutrition facts can be misleading.

Try avoiding too many processed meats such as bacon, sausage and spam and limit your cheese consumption to about 2 or 3 servings per day. The Weigh Station is not only committed to getting you skinny we are also committed to improving your total health! Cheers - Tricia Foley, MS, RD

Recipe of the month:

Turkey Bacon-Braised Escarole

8 servings- no significant amount of protein, may pair with lean protein of choice.

Ingredients:

8 strips of turkey bacon, cut crosswise into 1/2 inch wide strips
1 large red onion, diced
6 garlic cloves, minced
1 large red pepper, chopped
salt and pepper
4 heads escarole, torn into large pieces
2 tbsp balsamic vinegar
1 tsp crushed red pepper flakes

Directions: In a large pan over medium heat, cook bacon until it begins to crisp (on cookie sheet), about 8 minutes. Add onion, red pepper and garlic and cook until onion is translucent and pepper tender. Season with salt and pepper. Add escarole, vinegar and pepper flakes. Stir until escarole wilts, 3 to 4 minutes. Season as desired.