

# WEIGHING IN MAY 2011



## A Can Do Attitude!

When my children were small, they could not get enough of the book, *The Little Engine That Could*. They loved the attitude of the little blue engine who believed she could make it to the top of the mountain and, sure enough, she did -- every time I read them their favorite book.

A can-do attitude is a wonderful virtue for young and old alike. If you want to succeed, you need to believe in yourself. This could not be a more true lesson than in your weight loss journey.

In the beginning, losing weight seems pretty simple because you're motivated and determined to accomplish your goals. Then the novelty wears off, the determination wanes -- and french fries, doughnuts, and all those other foods that don't really belong on a healthy diet taunt your brain. Add a weight loss plateau to the scenario, and it's no wonder that 60% of U.S. adults are still overweight.

That doesn't mean your weight loss effort is doomed to fail! First of all, we all know that traditional "diets" don't work. Deprivation only serves to make you want the forbidden food more. The staff at The Weigh Station are determined to see you succeed.

So if you're yearning for a doughnut.... Just remember that it contains nothing more than refined carbs, sugar, and fat; which are not particularly healthy!!!

Remember, you're trying to learn better eating habits, not just lose weight. And when you need something sweet, it's better to reach for fresh fruit.

### Take things Day by Day:

Approach your weight loss program one day at a time. Of course you'd like to lose all the weight overnight, but do I need to remind you how long it took to gain it?

Keeping a positive attitude and making small changes in your lifestyle is what wins the weight loss battle. Choosing the fruit over sugar and cheap carbs is a step in the right direction. Do it several more times and it soon becomes a habit -- and a much healthier one.

There is no denying that changing lifelong habits can be tough. After all, these habits have defined who you are. It can feel like an emotional roller coaster: Some days, chipping away at these old habits seems easy, while on others, the task feels overwhelming. The majority of failures seen here at The Weigh Station come from people who go back to their old ways.... This week we had eight restarts, I question each of them asking what was the reason they had to return? They fail because they went back to their old habits. Remember, you must love yourself... Be kind to yourself, lift yourself up in prayer. God will see that you pass this test.

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So keep your eye on the target, and if you falter, don't worry. Just pick yourself up and get right back on track. Over time, your deviations from the plan will become fewer and fewer, and your resolve will get stronger, especially when you're seeing the pounds come off. Successful members who have changed their eating and exercise habits realize they *can* have it all, as long as they stay in control of the situation.

### **Mind Games:**

Equip yourself with strategies to help during the times when you become vulnerable. For example, make a list of things to do other than eat when boredom or stress strikes. Doing something physical helps eliminate stress and it burns calories. Wouldn't this be the perfect time to take the dog for a long walk?

If you acknowledge your weaknesses, it's easier to plan how you'll cope when the situation strikes. Having a buddy to call or exchange emails with, reading inspiring words from the Bible that strengthen your resolve, or getting out of the kitchen and cleaning out a closet are examples. You need coping strategies to help overcome overeating, snacking, etc.

A new way of thinking is what allows you to modify your behaviors and make those small changes permanent. In time, the drive to eat will be replaced with these healthier habits.

### **Reality Check:**

Improving your physical activity patterns and eating more healthy is the prescription for good health. It does not mean you have to give up everything you like. It simply means moderation -- with you in control of the food you eat, not the food controlling you.

It's human nature to be drawn to things that we cannot have. Don't set yourself up for failure by eliminating your favorite foods; just put them in the "occasional" category when in maintenance. Knowing you can have them is incredibly powerful, and helps stop the cravings. It's better to have a small portion of something you crave than an out-of-control binge.

Better yet, try to curb your desire for sweets or whatever food is calling your name. Look for ways to satisfy the urge with something more nutritious. If you need ideas you can always email Tricia, our Dietitian.

If it's not a specific food but a time of day that sets you up for temptation (maybe after dinner, when you're sitting in front of the television) try to alter your behavior at that time. Can you watch television elsewhere? How about reading a good book, or folding laundry?

If you need to eat in the evening, try to do so before 8 p.m. Setting that hour as your final eating deadline will help control intake and will get you into the habit of eating during more active times of the day. Brush your teeth at 8; it will help you honor this good habit.

**Holiday Strategy:** Having a positive attitude is the best medicine for coping with temptations during holidays or any time of year. When you believe in yourself, you'll know that you can enjoy the fun, family, friends and good cheer without diet disaster. Planning helps too. Take Weigh Station friendly dishes to parties or eat before you go so you won't be as tempted to deviate.

Remember the little engine: tell yourself, "I think I can, I think I can," and you will. Believing that you can conquer the situation is of utmost importance. The payoff? Not only will you lose weight, but you'll feel much better, both physically and emotionally. You can do it!

1 Corinthians 6:19-20 "What know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's".

## Why are the Last 10 Pounds the Hardest to Lose?

Weight loss is tricky in that multiple factors play into how much weight is lost, how quickly it comes off and for how long the weight loss is maintained. One thing is for certain, the closer you get to your goal, the slower the weight comes off! It can be downright frustrating.

The main reason for this is that the human body is an extremely efficient, highly adaptive system. If you consume fewer calories, your body will adapt and operate using fewer calories by slowing down metabolism. For each pound lost, your metabolism also decreases (it takes work to carry around those extra pounds!) This is why exercise is important to begin as you come closer to your goal. Exercise increases metabolism and may get your weight moving again if it has slowed down or stopped. If you have already been exercising and haven't seen the scale move then you may need to change up your routine (or may have gained muscle, in this case your inches most likely will still go down). It is equally important to exercise smart, if you do too much or do it incorrectly it could be counterproductive. Schedule an appointment with Javen our Fitness Trainer to discuss the best plan for you.

Motivation can also start to taper at the end of a weight-loss program. When weight isn't quickly coming off, diet and exercise demands seem unrewarding, and momentum starts to slow down. You may be deviating from the program more than you realize. Consider keeping a food journal for a few days to ensure that you are on track, remember too that not eating enough can also slow you down!

Finally, Stop fixating on the total pounds lost each week and look more at percentage. Part of the reason you feel you aren't making the progress you would like is simply mathematical. Numbers can be deceiving! A 250 pound person may lose 4 pounds in a week while a 150 pound person only loses 2 pounds but if you do the math both of these people lost the same percentage of weight (2%). So as you shrink, the amount of pounds you lose at one time will shrink too. Also remember that in the beginning your body had a lot of extra fluid on board from the carbs still in your system. Since you haven't eaten any starch in months your body doesn't have the extra fluid to lose so again, your weight loss for the week may be less. The good news is that the weight you are losing at this point is all FAT (not water).

### How do you continue to lose pounds until you've reached your goal?

**Consult with Javen to find the right exercise plan for you.** If the old routine no longer works, switch your routine. For example, if you haven't been lifting weights, consider starting. If you've been walking, try swimming. If you work out in the early morning, switch to evening, or add a short evening workout in addition to the morning one.

**Keep motivated.** It would be easy to give up short of the goal, but find a way to stick to the plan. Motivation depends on the individual, but here are three suggestions to help keep you motivated:

1. Come to our Sharing the Journey Support Group! Communicate with others and make your goal known. Update everyone on your progress at the meetings. (Meetings are every other Thursday at 7pm in the Lucie Monroe's Conference room)
2. Reward yourself with something other than food for the progress you do make! Buy yourself something to keep exercise exciting like a new CD, treat yourself to a fun class (art, exercise or whatever your hobby may be), or get yourself a new outfit.
3. Keep a food log and have Tricia review it if needed! Come to our cooking classes for fresh ideas or visit our website, we have new recipes posted weekly for free!

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**Be patient.** Remember that the tortoise won the race, not the rabbit. Even when you reach your goal the race is NOT over, you must continue to be diligent, make smart food choices and only indulge on special occasions.

It is understandable to become antsy while trying to lose those stubborn last few pounds, focus on the positive and remember how far you have come. If you are currently within 10 pounds of your ideal weight, congratulations--you are already much healthier than you were at your original weight! You have come a long way, and you should be proud of the accomplishments you have already made.

- Tricia Foley, MS, RD

## What's for Breakfast?

One of the most common questions I get while patients are going through our program is what can I eat for breakfast besides eggs? The short answer...any protein! Our culture is built around the notion that we have to have starch at breakfast (cereal, pancakes, waffles, oatmeal and biscuits just to name a few). If you look at other cultures however, you will find an array of choices. The Turkish *kahvaltı tabağı* (breakfast plate) usually includes cheese, butter, tomatoes, cucumber and olives. Spain and Argentina are similar in tradition, having manchego cheese and iberico ham and finally, the day is often started with fish in Japan.

I'm not suggesting you should start your day off with a can of sardines (not to say there is anything wrong with this) but I am trying to encourage an open mind. Be creative, for example, consider trying some chicken salad with cut up grapes and apples in the morning. Or, if cottage cheese and fruit doesn't suite your fancy consider blending the cottage cheese with a little water and berries. Add a small amount of stevia and you are left with something similar to yogurt. I freeze mine and enjoy it as a nice refreshing treat. You can also try a leftover turkey cutlet from the night before and pair it with frozen cherries (this almost tastes like turkey and cranberry sauce that you would have on Thanksgiving). Smoked salmon and capers is also a popular solution or you could also pair this with some cheese.

Remember that eggs can also be cooked a lot of different ways! If you are sick of scrambled, poached, fried or boiled eggs try a casserole or a soufflé. Dinner for breakfast is also an option.

Whatever you decide, remember it is all part of improving your overall health. Keep an open mind and before you know it you will find something you truly enjoy! Bon appetite!!!

-Tricia Foley, MS, RD

## 5 Reasons Protein Powders are **NOT** Right for You:

Protein powders are easily digested and therefore can cause an insulin response even without carbohydrate present. This can leave you feeling hungry and set you up for cravings.

Protein powders are made for post workout recovery and are designed to speed muscle glycogen (sugar) recovery...at this stage in the program you are most likely not lifting heavy weights.

Most protein powders contain lower grade proteins with low bio-availability when compared to actual food. This means that your body won't be able to utilize them as well as if you were to eat proteins such as eggs, chicken, fish, etc.

Most protein powders contain artificial sweeteners that can kick you out of ketosis.

Protein powders are not real food!

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## Recipe of the Month

### **Zucchini Spring Rolls:**

3 medium zucchini, divided

1/2 C fresh basil leaves

1/2 C fresh cilantro

2-4 tbsp mint leaves



Use a Julian slicer to slice two of the zucchinis into very thin strips. Set aside. Slice remaining zucchini into 3 inch matchsticks. Remove stems from herbs. Place zucchini strip on flat surface and layer the end closest to you with a few zucchini matchsticks and