

Weighing In



January 2018

Know someone interested in getting started? Don't let them miss out on our January Special! (Offer valid through 1/31/18)



Thinking about returning?

Has it been more than a year since we've seen you? No problem, get restarted for the price of a weekly visit! See details below.

Our Gift to you!
Returning Patients:
Get restarted for the cost
of a weekly visit
(\$100.00 savings)

*Yearly EKG and 6
month labs must
be up to date
within 30 days of
rejoining.

Call today to make your appointment and mention this ad:
Christiansburg: 540.381.2670 Roanoke: 540.982.0250
Offer valid through Jan 31, 2018

ANNOUNCEMENT

For your convenience, The Weigh Station will now be sending text reminders for patient appointments! We hope this helps keep you on track in the new year.

FEELING SICK?

AND NEED A DOCTOR WITHOUT THE WAIT?

Check out our Quick Clinic!

The Weigh Station's Quick Clinic

We are now offering sick visits for anyone 18 years or older (*We do offer Sport Physicals for kids and teens). If you are unable to see your PCP for a sick visit, please make an appointment with our staff. Current Weigh Station patients will receive a 50% discount on sick visits. Visits are \$50.00 (unless otherwise specified).

Services:

- Cold/Flu/Headache
- Sore Throat (strep tests)
- Abrasions/Strains/Sprains
- Sinus problems/Ear aches
- UTI
- Sport Physicals: \$25.00
- Annual Physicals (includes CBC/CMP labs and EKG) \$100.00

***Please call your PCP or go to the ER if you have any of the following:**

- Possible Fractures/ Broken bones
- Open wounds needing sutures
- Chest pain
- Severe abdominal pain and or nausea and vomiting



The Weigh Station

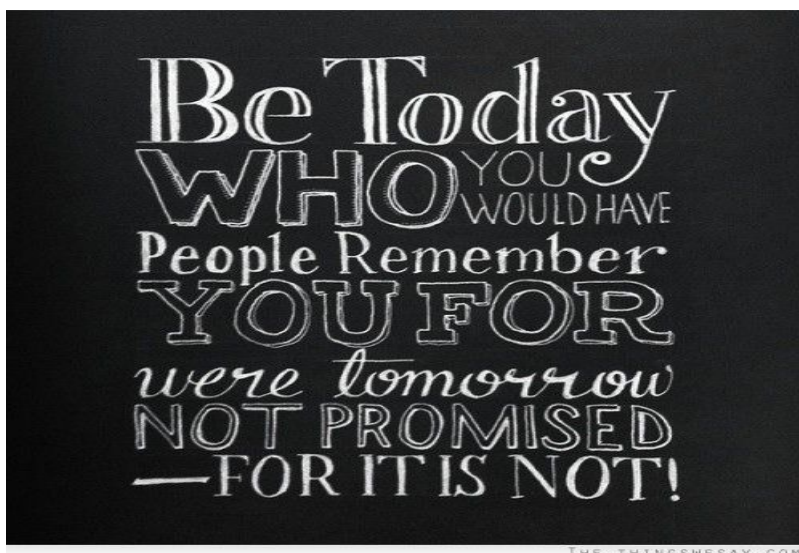
540.381.2670

540.982.0250

www.theweighstation.com



The WeighStation



I Promise, Promise, Promise.

Every January we get multiple phone calls from people coming back or wanting to start losing weight. They promise themselves they are going to do it this year. They may have started three or four years ago and now are returning because everything else they've tried is not working. And we receive them with open arms.

But this newsletter is a little different than the last one I wrote in January of last year...I want you to think about a few things. Tomorrow is not promised. This last Christmas Eve 2017, I lost one of my very closest and dearest friends tragically. John Shannon was a man's man, a dedicated father, attorney, and a very giving Christian. He was an excellent pilot with over thirty-five years' experience. On Christmas Eve, his airplane crashed on takeoff in Bartow Florida with his entire family on board as well as a friend. Tori and Olivia (John's daughter's), Pete (Tori's husband), and Olivia's schoolteacher that she'd also been shadowing, as her college requirement also perished.

John had just finished the previous weekend flying drinking water into Puerto Rico and the Dominican Republic to help those people in need. He was a man that gave of himself always.

As his airplane fired up both engines and he checked the gauges everything was ready for takeoff as he had done hundreds of times before. But this time something went wrong, we don't know what went wrong but the airplane fell to the runway, and all on board perished. You are not promised tomorrow. So my question to you is, what will people say about you if you lost your life tragically?

Would they say "she/he fought her/his weight all of her/his life and never succeeded"? Would people say you were highly addicted to food and it ruined your life? These are difficult questions to ponder.

Sometimes people come into your life, and you know right away that they are meant to be there. This happened to me thirty-five years ago with John Shannon and his family. I knew he was going to serve a purpose to teach me some lessons and help me figure out where I was going and what I was doing. He asked me lots of great questions. I loved our conversations. My wife Terri had been his legal secretary right out of high school. He was somewhat of a tyrant she says to work for, but she carried on through her life with his tenacity for excellence in mind.

You never know who these people may be that touch your life; your neighbor, a child, a long-lost friend, or even a complete stranger who when you look across the room you lock eyes and you know at that very moment that that person will affect your life somehow in some profound way. John was that kind of person.

Sometimes things in life happen to you at the time when they seem quite painful and unfair, but in reflection, you need to realize that without overcoming those obstacles, you would've never achieved your potential strength and power or the desires of your heart.

People say everything happens for a reason and nothing happens by chance; others blame good or bad luck for illness, injury or loss, as well as moments of true greatness. The truth is, all of these kind of events are sure to occur at some point in life and test the limits of your soul and heart.

So, let's say you ate too many sweets this Christmas and now you're paying for it with a 10-pound weight gain. You come back to the Weigh Station and say something like "you wouldn't believe all that was put in front of me and I just had to try to taste it". Remember that this is just one of many small tests in life. From weight loss struggles to other life events such as, illnesses, loss of relationships, etc. Life without the small tests would likely be a smooth paved flat road headed nowhere, safe and comfortable, it would also be very dull and pointless.

You heard me say it over and over again, if someone hurts you, betrays you or breaks your heart, forgive them for they have helped you learn about trust and the importance of being cautious to whom you open your heart up to in your life. Terri and I can both attest to that.

And if someone loves you, love them back unconditionally. Not because they love you, but because they are teaching you to love and opening your heart and eyes to things that you would never see or feel without them. These folks make every day count.

So as we face the New Year, here's some advice: Talk to people you've never spoken to before and this time sit and listen. Hold your head up because you have the right to do so.

Tell yourself you are a good individual and believe in yourself. Don't put yourself down, instead map out a way to achieve your goals whatever they may be.

Create your own life! Go out and live in it, enjoy it and live each day as it might be your last; because tomorrow is not promised to anyone.

Each of you can be well on your way to a healthy lifestyle if you just commit to what we teach you to do. Hug those around you that you still can. Love on your kids, your relatives or friends because one day they may not be there. Call those people that you need to call, encourage those people you need to promote and pass on God's love to whomever you can. Remember, there's no reason not to be kind.

Happy New Year,

Chuck Shaffer, MD



Making Weight Loss Stick

Welcome to the new year! While many are focused on starting fresh with their weight loss journey, I thought I'd fast forward to the future! As we know an alarming 92% of New Year's Resolutions fail. We all have good intentions, but it seems inevitable that life somehow gets in the way of our best thought out plans for a new "better" year. Similar to this, research has shown that long-term weight management of obesity remains a very difficult task. Unfortunately our best intentions of keeping the weight off often end with a high risk of failure and weight regain. The good news is that there are tools that can make long term weight maintenance much more likely!

According to observational and randomized studies done in the area of weight maintenance, there are a few habits that are key to long term success. Some come as no surprise for example keeping high levels of physical activity and eating a low-calorie diet were at the top of the list. Others however may surprise you; for example, frequent self-monitoring of weight is key. We take this a step further at The Weigh Station and recommend that patients not only self-monitor, but they also come in for accountability appointments. Coming in for frequent check-ins with our staff is key! Your maintenance journey is

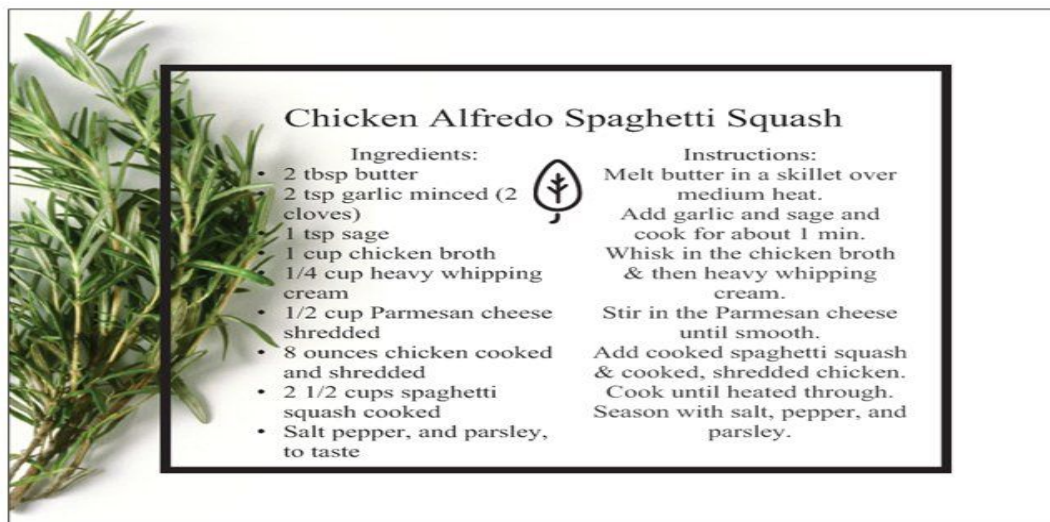
YOURS, therefore it should be very individualized to your needs. Our staff is here to address your needs, whether it be hunger, lack of energy or boredom and cravings, we need to know so we can make adjustments to your plan specifically.

Other important factors include reduced unrestrained behavior associated with food, satisfaction with results achieved and having the confidence in being able to lose weight and keep it off (self efficacy). Sometimes even a person's personality can make it more or less likely that he or she will keep the weight off. For example, research found that those who are low novelty seeking (do not anger quickly, avoid impulse decisions and are not motivated by reward) were more successful long term with their weight loss efforts.

Lifestyle modification protocols like the one you receive at The Weigh Station coupled with a follow up visits for at least a year after the weight loss phase, have also shown promising long-term weight loss results. This reinforces again the importance of not trying to do maintenance on your own! Having a practitioner like a Registered Dietitian available to you is a pivotal component of the multidisciplinary team. Utilizing her knowledge of how to overcome maintenance obstacles is just part of the journey of having long term success. Just like life, weight maintenance is ever changing and energy intake must be adjusted based on various lifestyle factors. Let our knowledgeable staff help guide you in this process.

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4777230/>

Recipe of the Month:



Chicken Alfredo Spaghetti Squash

Ingredients:

- 2 tbsp butter
- 2 tsp garlic minced (2 cloves)
- 1 tsp sage
- 1 cup chicken broth
- 1/4 cup heavy whipping cream
- 1/2 cup Parmesan cheese shredded
- 8 ounces chicken cooked and shredded
- 2 1/2 cups spaghetti squash cooked
- Salt pepper, and parsley, to taste

Instructions:

Melt butter in a skillet over medium heat. Add garlic and sage and cook for about 1 min. Whisk in the chicken broth & then heavy whipping cream. Stir in the Parmesan cheese until smooth. Add cooked spaghetti squash & cooked, shredded chicken. Cook until heated through. Season with salt, pepper, and parsley.

*Makes 2 servings. Provides 4 ounces of protein per portion, 2 fat servings and 2 vegetable servings.

