



Accountability is the Key to Success

Dr. Charles Shaffer

Each week at the Weigh Station, we hear dozens of excuses as to why people were not successful in losing the weight they set out to lose. Some individuals overeat, eat the wrong things, or aren't tracking what they're eating; they lose their momentum to continue their journey to success.

If you're struggling to lose weight, you're not alone. Hundreds of people who have been through the program program experienced the same thing. Losing weight is possible for everyone, it's just a matter of implementing the proper techniques and being mindful of your habits, whether they are healthy or unhealthy.

Factors that can make losing weight challenging may include:

WHAT YOU'LL FIND INSIDE:

- **ACCOUNTABILITY IS THE KEY TO SUCCESS**
- **THE RECIPE OF THE MONTH**



- Not tracking what you're eating. You can lose a pound a day without much issue, but it doesn't make much difference if you're not conscious of what you're feeding your body.
- Not having a workout routine. This doesn't mean you have to go to the gym everyday, it can be as simple as taking a stroll around your house a few times. After doing this a couple times, pick up light weights and incorporate them into your routine. Literature shows that just walking is sufficient when beginning the program. Lifting weights helps burn body fat and prevents metabolic slowdown. Start with light weights, around 5 - 8 lbs. Having the mindset of "go hard or go home" can be off-putting. Resistance training and riding the elliptical machine are also great starting points.
- Not eating enough protein. The cause-and-effect relationship can apply to eating. If you don't eat right for your body, then it will be more challenging to reach your goals. Learning to eat the correct amount of protein, eating breakfast, and when to eat certain foods can all boost your metabolism. Patients who do this are less hungry throughout the day and have less cravings.
- Having a cheat meal. It can be freeing to indulge in a cheat meal; it becomes an issue when people think they can eat whatever they want. Only eat extra of what we've asked of you. This doesn't mean a pound of strawberries, or a bag of almonds or grapes. It means to just a few extra. Your eating habits will always give you away.
- Having no accountability. This probably should have been #1. No matter how disciplined you might be, having a level of responsibility can ensure you don't "fall off the wagon" while pursuing your goals. Form a group of 1 to 3 individuals to help hold you accountable. Be sure these individuals are like minded in their goals and mindsets. Give them permission to check in with you and be honest. Patients who have formed accountability partners have all done very well.

I hope you've learned a few things from this article, as I wanted to re-address these items. Over the following weeks, please get familiar with our newest face, Dr. Lindsey, and tell him about your journey. I've known Dr. Lindsey for many years and am excited to have him join the Team. As always, be blessed. I will leave you with a few verse that I hope you find uplifting:

- Romans 12:16
- Colossians 3:13
- Galatians 6:2

The Recipe of the Month

Orange Ginger Turkey Meatloaf

Ingredients - Yields 4 servings

- 1 orange
- 1/4 Cup flax meal
- 1 egg white
- 1 Tbsp fresh ginger
- 2 cloves garlic, finely chopped
- 1/2 C cilantro, chopped
- 4 scallions, thinly sliced
- 1 1/4 lb lean ground turkey
- 2 Tbsp low sugar ketchup
- 6 C mixed greens
- 1 Tbsp olive oil

Directions

Heat oven to 375 degrees and line a rimmed baking sheet with foil. Using a vegetable peeler, remove 2 strips of zest from the orange and thin slices on a diagonal; transfer zest to a large bowl and set the orange aside.

Combine flax meal with egg white, ginger, garlic, 1 tbsp water and 1/2 tsp each salt and pepper to the bowl. Whisk ingredients with zest to combine, stir in cilantro and half the scallions. Add the turkey mix just until incorporated.

Transfer the mixture to the prepared baking sheet and shape into a 9x3.5 inch loaf and bake for 25 minutes. Brush the ketchup over the loaf and continue cooking until the internal temperature is 160 degrees. Then allow to cook for an additional 10 - 15 minutes. Let rest 5 minutes before slicing. Cut away the orange peel and white pith and thinly slice into rounds. Gently toss slices, greens, oil, cilantro leaves, remaining scallions and salt and pepper in a large bowl. Serve with meatloaf.

