

# Weighing In: July 2012



## The Month of Should've, Could've, Would've!

This past month has been full of I should've, could've, would've. We all have dreams and I believe we all have a purpose and intention in wanting to make our dreams come true. However, life does step in, and like a thief in the night, often steals away our dreams.

The fear of failure holds many people back from fulfilling their passion in life. The loss of our dreams, and the feelings of regret that accompany it, haunts people for a very long time. One of the most frustrating things is wishing you could have turned back the hands of time, walked a different path, and ended up in a different place.

When I was thinking about applying to medical school at age 35, I was wondering if I was too old to apply. My dad said "son, how old will you be 10 years from now?" I said "well, if nothing happens to me, I'll be 45." He said "your age will just continue to increase whether they call you doctor or not so don't worry about being too old." I've often wondered what would be different if I had not gone on to medical school.

It's the same thing with our overweight and obese patients that have struggled with their weight for so many years. How many times have you found yourself saying I would have but, I should have but, or I could have but? My guess is those words have brushed across your lips and stumbled recklessly out onto the pages of your life more than once.

At times, I have been overwhelmed with the sinking feeling of knowing that I have wasted far too much time on things that didn't matter. I have chased empty promises and filled the holes of my heart with things that actually held me back and stood in the way of my dreams. Instead I could have focused on things that propelled me forward. This is how it goes for many on the journey through life. However, God has never let me down and has never failed me.

The Lord has brought you to this place at this time in your life to change your course and create a new healthy lifestyle. Life is incredibly busy and people can become experts at making excuses. Procrastinating holds our hands every step of the way.

Unfortunately, for many of us, the past is behind us and yesterday is done. Time is something we can never get back. All those would have, should have, and could have sentiments are frozen in time. This can be a tough thing for many of us to accept, but there's some good news. Your dreams of losing weight and becoming healthy don't have to be lost. Perhaps we should look at today as the beginning of a new day to pursue our dream of a healthy life, lose the excess weight, and continue with the things we have wanted to do for so long.

Yesterday will never pass through your life again, but remember that with every new day, you are blessed with a new beginning and amazing opportunities to create a new lifestyle for yourself and finally lose the extra weight. Remember, the end of our Weigh Station booklet says "never visit us as a patient again." We truly mean that. We want you to reach your goal without having to restart the program. Someday is an obstacle that will stand in the way of your dream today and in this very moment as you read this. Your chance in the journey to remove that **someday** obstacle and fulfill your dream of a healthy lifestyle starts now!

### Inside this issue:

Recipe of the week	2
Depression and Diet	3
Body Fit Studio	4
Setting Goals	5

If losing weight has been a dream of yours for some time and you see us as your answer, then do what we ask you to do. Don't give up on your dream and even if you feel like life is passing you by while everyone else is out doing what you want to do, it really doesn't matter. In the scheme of life, being healthy is worth more than gold.

As many of you know, I struggle with the disease of Parkinson's. At my age, I didn't expect to be in the situation I'm in right now. However, I'm learning to deal with it as many of you are dealing with your weight, the frustrations of gaining and losing, the cheating, the excuses and your inability to stay focused. In my own case, I have decided not to accept it but to fight it for as long as possible. If I looked at the situation and kept my eyes fixated on it, I would have already been defeated. In this situation, being a Christian has made the largest difference because "I can do all things through Christ who strengthens me." If I did not believe in what I was doing here at The Weigh Station, I would not have stayed here. It would be much easier sometimes to go work in a small walk-in clinic. I know that Dr. Dums and I have a calling in our lives to make things better for all of you.

Dr. Dums carries his burden of type I diabetes and I carry my burden of Parkinson's. Yet, we refuse to give up on you and we certainly are not going to give up on ourselves.

So the next time you go through the should've, could've, and would've scenario, remember no one can take away the dream that you have for yourself to lose weight and become a lighter you, come off all your medicines, and become the person you have always wanted to be. So, tonight when you crawl in the bed, focus back on the time and place when you were really excited about what you were going to do at The Weigh Station. Focus on the time when you truly believed that your dreams would come true and don't give up on the dream of losing weight. Pursue this dream with every intention of becoming successful and you will.

July is the month of independence. It is time for you to become independent of the burden of your weight and your poor eating habits.

Happy Independence Day

Chuck Shaffer, MD

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## Recipe Of the Month:

### Chipotle Chicken for the Grill

- 1-1/2 cups diced roasted red peppers
- 2 garlic cloves, minced
- 2 tablespoons red wine vinegar
- 1 teaspoon chipotle powder
- 2 tablespoons minced cilantro
- Salt and freshly ground black pepper to taste
- 2 tablespoons olive oil plus more for rubbing chicken
- 8 boneless, skinless chicken breasts



#### Directions:

1. Add peppers, garlic, vinegar, chipotle and cilantro to a food processor or blender.
2. Process until smooth. Taste and season with salt and pepper. With processor running, drizzle in olive oil. Transfer to a bowl and set aside
3. Preheat grill to medium. Rub chicken with olive oil and season with salt and pepper. Grill for 8 to 10 minutes, covered, flipping chicken after 5 minutes. Chicken is done when cooked through and is no longer pink in the center
4. Serve chicken topped off with chipotle sauce. Makes 8 servings.

## **Depression and Diet**

Food is medicine, after all the type of food you eat will dictate the way your body responds. When we feel blue we often find comfort in sweet sugary foods. Although they may temporarily make us feel better, they do little to improve long lasting depression. The reason is because the chemicals that make us feel good; tryptophan and serotonin are released quickly after eating these foods.

So many clients at The Weigh Station who struggle with depression crave sweets and simple carbohydrates to get that immediate quick fix from these chemicals! Unfortunately, the feelings don't last and they go back to feeling depressed again. The good news is that eating fresh fruits and vegetables approved for the program, supply a more moderate release of these chemicals and can help your mood and energy level! Tryptophan can also be found naturally in many protein rich foods such as meat, fish and eggs.

Not only is food medicine but it also provides us with essential nutrients our bodies need to stay healthy. If you are eating a lot of simple carbohydrate to temporarily make yourself feel better then chances are you are not getting the vitamins and minerals from healthy foods that are essential for good mood. Minerals including calcium, iron, magnesium and zinc have been shown to be helpful, but the mineral chromium perhaps is the most important since it helps regulate blood sugar. We all know how crabby we can get when our blood sugar crashes.

In addition, research has found that B6 plays a role in the production of serotonin. If you have low levels of this vitamin you may also have some symptoms of depression. Although B6 deficiency is rare in our country, some medications like birth control and other hormone replacements can interfere with the body's ability to use B6. Folic acid and B12 have also been linked to mood shifts and depression. Those who have had gastric bypass or who are elderly may not be able to absorb these. In addition, these vitamins are often destroyed in cooking making it difficult for most individuals to get adequate amounts.

If you feel depressed in the winter months it may be due to a vitamin D deficiency. Emerging research has found vitamin D deficiency to be quite common and a strong risk factor for depression. If you aren't getting adequate sun or don't like cod liver oil (like me), chances are you need to supplement with vitamin D3 especially in the winter months.

Speaking of oils, I can't stress enough the importance of consuming enough fat while on a lower carbohydrate diet. Omega 3 fats from fatty fish like salmon can help depression because they are all over the brain and contain compounds that regulate dopamine and serotonin levels which are also feel good chemicals.

Lastly, if you aren't feeling like yourself please let our staff know! We are here to help.

Tricia Foley, MS, RD

# Body Fit Studio Schedule - July 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM - 7:30 AM		Low Impact Cardio		Low Impact Cardio		
7:30 AM - 8:00 AM		Pilates Mix		Pilates Mix		
8:00 AM - 9:00 AM	Zumba		Zumba		Zumba	Low Impact Cardio
9:00 AM - 10:00 AM						Zumba
10:30 AM - 11:15 AM	Healthy Backs	Core Fusion	Healthy Backs	Core Fusion	Healthy Backs	Tone & Sculpt
11:30 AM - 12:15 PM	Tone & Sculpt		Tone & Sculpt		Tone & Sculpt	
12:00 AM - 12:45 PM		Pilates Mix		Pilates Mix		
12:30 PM - 1:15 PM	Core Strength		Core Strength		Core Strength	
1:00 PM - 2:15 PM		Kid's Program - Boy's		Kid's Program - Boy's		
2:30 PM - 3:45 PM		Kid's Program - Girl's		Kid's Program - Girl's		
3:00 PM - 3:45 PM						
4:00 PM - 4:45 PM						
5:30 PM - 6:15 PM	Zumba	Zumba	Zumba		Zumba	
6:15 PM - 7:00 PM	Tone & Sculpt	Pilates Mix	Tone & Sculpt	Pilates Mix	Tone & Sculpt	

For more information on classes, contact Javan Baldwin at [jbaldwin@weighstation.net](mailto:jbaldwin@weighstation.net) or call 381-2670.

**\* No classes July 4**

## Reaching your Goals!

This month I want to reach out to any of you who are stuck and just can't seem to find the motivation to get where you want to be. Do you find yourself doing great the first few days of the week and then going back to your old habits? Do you do great two out of three meals a day but that third meal makes you feel like you just blew all your progress? Have you ever said "I did great when I started, I wish I could do that again."? If any of these describe you I hope this article can help.

This month I'm going to give you one of the tools I use when meeting one on one and go over how to implement it using some examples. Attached to the end of this article will be a goals worksheet that you may copy and use for yourself and I will go through it step by step giving you examples along the way.

The first part of the worksheet is where you write down four different goals answering the question "What do I want." It is important to come up with multiple different goals at this stage and you'll see why shortly. Here are the goals I came up with;

- Run a 5k marathon
- Lose 30 pounds of fat
- Do 50 pushups in a row
- Fit into a 32inch waist

Now that we have some goals, we are going to rank them using the questions listed on the worksheet. Take each question one at a time and apply to each of the goals ranking them 1-4 as the directions state. For example "How happy will reaching this goal make me?" What you need to do is rank your goals according to how happy each will make you compared to the others. Running a 5k would be neat but losing 30lbs of fat would make me happier and I would be the happiest fitting in a 32 waist. So for the happiness question I would give a 4 to 32 waist, 3 to 30lbs of fat, 2 to 50 pushups and 1 to the 5k. Repeat this process for each question writing the numbers down where you can get a total for each goal. After answering the questions and tallying the numbers my first target goal is to fit in a men's 32 waist.

The rest of the first page is pretty straight forward. Be as specific as you can when writing down exactly what you want to accomplish. My answers, in order, are; To wear a men's 32/32 comfortably without having to "suck it in", The pants will fit, Yes!, Yes!., By August 11 when I have a family reunion. Flip over to the next page.

Now comes the hard part, the behavior change contract. This is a contract between the rational thinking part of your brain and the eight year old that sits in the back who throws a fit every time it doesn't get its way. We already have a defined goal of 32 inch waist so the first section is easy but the next part is going to take some thought. You may even need to use a separate piece of paper to list the change(s) needed to succeed in your goal along with your plan on how to make the change(s) happen. Here is my list.

I do great at breakfast and dinner but my day is very busy. This makes me a huge convenience eater and steals my success away. My plan to counter this is to cook an extra portion at dinner and plate it up at the same time as I get my dinner. This way I can just grab it in the morning on my way out the door (I also tend to hit the snooze button a few times...) I am also going to get menu's from the local restaurants and predetermine what I will have and how to order it if I chose to go there. Tricia, our Dietician, has put together a great eating out guide that makes this chore a breeze.

I tend to go too long between meals and this makes me ravenous! My plan is to keep some sliced deli meats and string cheese in my little cooler at work. I will set reminders on my phone that beep at me when I should eat something. This will keep my blood sugar stable and prevent me from over eating when food is available.

I am a late night snacker. Mostly this is out of boredom and because it's there. This one is going to take some diplomacy. I'm going to sit down with my family, tell them how important this goal is to me and ask them to please not eat their snacks in front of me or have them where I can see them. In return I am offering an extended weekend vacation but they have to keep up their end of the bargain.

My start date is July 1 and my short term goals include restarting my food journal, creating a shopping list and print out the menus I need.

The last four questions are extremely important so take your time answering them. If I need help: when I need help (and I will) I'm going to bring a copy of my behavior contract in to Dr Shaffer and Dr Dums. I'm going to explain it to them and tell them where I'm having difficulty and then I'm going to do **exactly** what they tell me to do. My target date is August 11<sup>th</sup>, my family reunion. It is very important that you set a realistic target date. Ask at your next appointment if you are unsure of yours.

When you set a reward for yourself you need to make it something tangible, you need to be able to see it, touch it or experience it physically. My reward, besides rubbing it in all my younger brother's faces, is going to be an ipad. Your reward is what you're going to dangle in front that eight year old that sits in the back of your head.

The penalty for failure is just as important and needs to be something tangible. It also needs to be something you already have and cannot be what you chose as your reward. After all, it's not really a punishment to take away something you don't already have. I love to read fiction. If I fail I will not be able to buy a book for six months (I usually go through 4-6 a month so this will really stink).

Lastly, you are going to sign your contract and you must have a witness. Your witness is who will hold you accountable. They need to be someone you trust and will enforce your reward/punishment.

To keep myself motivated I am hanging a pair of my old jeans in the kitchen along with a copy of my contract. If I see it every day I will be more likely to stay on track.

## Goals worksheet

Write four health or fitness goals that you believe will positively affect your quality of life. Answer the question "What do I want?"

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For each of your goals, answer these questions. Rank each question based on a 1-10 scale where 10 = most valuable and/or easiest to attain and 1 = least valuable and/or hardest to attain. Write these numbers at the end of each goal.

How important is this goal to me?

How attainable is this goal?

Are resources available to help me attain this goal?

Do I have the time needed to reach this goal?

Answer these questions for your first target goal.

What exactly do I want to do?

How will reaching this goal affect my overall happiness?

Will the rewards be worth the time and effort?

Add up the numbers. The goal with the highest value will be your first "target goal."

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How can I tell if/when I have reached my goal?

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Is this something I really can accomplish if I try hard?

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Would achieving this goal make me feel really good about myself?

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Establish a specific time frame to accomplish activities and goals.

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# Behavior change contract

Date: \_\_\_\_\_

Wellness Goal:

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Change(s) I promise to make to reach this goal.

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Plan for making this change.

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Start date: \_\_\_\_\_

Short- term goals.

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If I need help:

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Target date for reaching goal: \_\_\_\_\_

Reward for achieving goal: \_\_\_\_\_

Penalty for failing to achieve goal:

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Signed:

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Witnessed by:

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