



May Newsletter

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The Weigh Station

Congratulations, You've Made It To Maintenance!

One of the special things we are able to do at the Weigh Station is putting people in the maintenance program. Some patients have already been in maintenance for seven years and are doing exceptionally well. However, others are starting for the first time. Maintenance is one of those things that shows you have completed the course, ran the race, and are ready to keep your weight off. So let's talk about some of the best ways to maintain your weight loss.

Do not be discouraged if you have lost weight and gained some or all of it back; statistically, only about 20% to 30% of dieters who start an overweight program successfully lose weight and are able to keep it off long-term. There is a number of scientifically proven ways to keep your weight off.

Some of the most common reasons why people gain their weight back is because they lose focus and step out of the Weigh Station program with unrealistic expectations and the mentality that they can eat whatever they want, whenever they want. Many programs are based on willpower rather than simple habits you can incorporate into your everyday life. At the Weigh Station, we try our best to keep you focused and motivated; we also teach you the tools on how get back on track if you do gain weight back. However, it is important to remember to not restrict yourself as you will feel deprived and want to eat things you shouldn't, it's okay to drift every once in a while.

Exercise plays an important role in weight management and that is why we suggest you establish a simple exercise routine such as walking 30 to 45 minutes a day. Several studies

found that people who do at least 200 minutes of moderate exercise are more likely to maintain their weight. In some instances, even higher levels of physical activity may be necessary for successful weight maintenance. Although if you learn to eat correctly just 45 minutes to an hour of exercise per day is enough.

Eating breakfast will help you maintain your weight loss goals. People who eat breakfast tend to exercise more, conserve more micronutrients, and have healthier habits overall. Furthermore, eating breakfast is one of the most common behaviors reported by individuals who have been successful in losing weight and maintaining their lost weight. A recent study found that 78% of 3,000 people who maintained a 30-pound weight loss for at least one year reported eating a healthy and balanced breakfast everyday helped them immensely.

Learning to eat breakfast tends to develop healthy habits that transition into other areas of someone's life. Choosing protein will help maintain your weight; it can reduce appetite, promote fullness, and increase specific hormone levels in the body that induce satiety. Since protein affects your hormones and produces the feeling of fullness it may automatically reduce the number of calories you consume per day, which is an essential factor in maintaining your weight. Protein requires a significant amount of energy to break it down, therefore you get a 'double burn' by eating it and breaking it down and through exercise. Eating protein regularly may increase the number of calories burned on a day-to-day basis and its effects on the metabolism are most prominent when about 30% to 35% of calories are consumed from protein. Weighing yourself once a week is an important monitoring device but do not weigh yourself everyday since it creates a lot of unnecessary stress for some.

Be mindful of your carbohydrate intake; eating too many refined carbs (such as white bread, pasta, fruit juice, and fruit) can be detrimental to your weight maintaining goals. Numerous studies have proved that to be true, in most cases those who have a high carbohydrate load diet along with the ketogenic diet after weight loss are more likely to keep their weight off in the long run; additionally, people who follow a low carb/ketogenic diet are more likely to eat correctly than those that don't.

One habit that often leads to weight gain is cheating. In most cases, a "cheat meal" or "cheat day" occurs on the weekends, which leads to binge eating on junk food and offsets your progress. Furthermore, it becomes a regular habit for some people. Research shows those who follow consistent eating patterns throughout the week are more likely to sustain weight loss in the long-term. One study found that weekly consistency made individuals almost twice as likely to maintain their weight (within a 5 pound margin over the course of year) as compared to those who were allowed more flexibility with meals on the weekends.

Staying hydrated plays a key role in losing weight and keeping it off. Drinking water boosts your metabolism, promotes fullness, and helps you heed hunger cues. When you feel "hunger" set in, drinking water reduces that feeling. A 2015 study from the University of Oxford found that obese adults who drank 16 ounces of water 30 minutes before their meals ended up consuming

less calories and lost 2.6 pounds more than those who did not drink as much water before their meals.

Sleep is one of the most important factors in losing weight. The majority of my patients say they sleep better than ever after they've lost weight. Getting enough sleep significantly affects weight control, which is why we test for obstructive sleep apnea and may even suggest a sleep study. Sleep deprivation can play a role in weight gain and interfere with weight maintenance; this is partly due to the fact that inadequate sleep leads higher levels of ghrelin. Ghrelin is known as the hunger hormone because it increases your appetite. Moreover, poor sleepers tend to have lower levels of Leptin, which is a hormone necessary for appetite control. Lack of sleep can also put your overall health at risk.

Finally, having a good support group and tracking your food intake is essential for losing weight because both help keep you motivated and focused when you're stressed and feel like you're falling off track. Stress negatively affects health and causes cortisol levels to rise. This causes you to crave sugary, fatty foods and binge on junk food. A good support group will motivate you to stay on track and keep up your healthy habits.

Blessings,

Chuck Shaffer MD

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The Weigh Station

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