

# Weighing In: October 2012



## Plateaus and plateaus it's off the loss we go!!!

This month has been the plateau month. Just because your weight has stalled, please don't revert back to your old habits. We will give you a few tips to restart your weight loss plan. You have worked so hard to improve your life, diet and exercise habits. You have been rewarded by seeing the scales continue to drop. Then there's a wicked plateau and the scale doesn't budge even though you're still eating a healthy Weigh Station diet and exercising regularly. You've hit the weight loss plateau! A weight loss plateau occurs when you no longer lose

weight despite continuing with your exercise and healthy eating habits. Being stuck in a weight loss plateau eventually happens to everyone who's trying to follow the program. Before you get too discouraged, you should know that it's normal for weight loss to slow and even stall.

By understanding what the causes are you can decide how to respond and avoid backsliding into your old habits and continue to exercise like you're supposed to. Although hitting plateaus in The Weigh Station program is common, most people are surprised when it happens to them. The progression from the initial weight loss to weight loss plateau follows a typical pattern. During the first few weeks of losing weight, the rapid drop is very normal. As you know, you can have plateaus between weeks 4 and 8. During the first weeks of losing weight, your body begins to get it stores of energy from glycogen, a type of carbohydrate found in muscles and liver. Glycogen holds on to the water, so when glycogen is burned for energy, it also releases water, resulting in substantial weight loss (from mainly water, not fat). This is why you see the large drops during the first couple weeks. Plateaus occur because your metabolism, the process of burning calories for energy, slows down as you lose fat and a small amount of muscle. That's why we ask you to exercise so that you don't lose any muscle.

### October Topics

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As your activities are increased, if you're not taking in enough fuel (food), your weight loss will slow down. If you're committed to losing more weight try a few tips to get past the plateaus. First, look back at your food and activity records. You may consider adding 15 to 20 min. more to your exercise regimen if you're going to take in more food. Increase your protein intake. This will promote strong lean muscle tissue which is beneficial to burning fat. Also consider cooking with healthy fats such as olive oil. Protein and healthy fats fill you up better than a heavy carbohydrate meal. This is the added benefit of helping you learn to follow The Weigh Station plan. Remember to keep hydrated. Water is good for you. It cleanses your body of toxins and makes you less hungry throughout the day. Be sure to stay away from the sports drinks. They are just empty calories.

When all else fails, please contact us at The Weigh Station. We are here to help you be successful. Contact Tricia if you have any questions. Please feel free to speak to Dr. Dums or myself anytime you need some help.

As you may already be aware, many of the nurses and personnel have struggled with their own weight loss issues. Some of the nurses and personnel have been in the same situation you may find yourself in. Please don't hesitate to ask questions. Also, The Weigh Station Winners on Facebook is a great source of encouragement.

As we enter the holiday season, which are some of the hardest times for many people, please watch your intake of sweets. Nothing can wreck you quicker than drifting back into your old habits. Do not give yourself an excuse to fail.

One parting thought- many patients go through plateaus that last 2 to 3 to 4 weeks. It's not uncommon for this to happen. Do not think that it is not working just because you're not losing like you thought. Relax and let it happen. I promise you it will work.

Remember "I can do all things through Christ who strengthens me" Lean on him and see the results come.

Blessings,  
Chuck Shaffer M.D.

## Recipe of the month:

### Zucchini Lasagna

#### Ingredients:

1.5 lbs zucchini  
Salt ~ ¼ tsp  
1 lb lean ground beef  
10 oz cottage cheese, strained  
2 eggs  
½ C fresh basil  
2 C roasted red peppers pureed  
8 oz 2% mozzarella cheese, Shredded  
10 oz cottage cheese (strained to decrease liquid)  
1/3 C parmesan cheese.



**PREPARATION:** Slice the zucchini into strips, length wise. The strips should be about 1/8 inch thick. A mandolin is helpful. Put the zucchini strips into a colander and sprinkle the salt on them. Toss to coat. Put the colander over a bowl to catch the juice. After 10-15 minutes, toss the strips again so that the brine will more or less evenly coat the strips. Drain for about an hour. While the zucchini is dripping, cook the meat. Then combine the cottage cheese, eggs and basil. Spread the zucchini strips on paper towels to take away most of the surface liquid.

**DIRECTIONS:** Heat oven to 350 degrees. Put 1/2 c roasted red pepper sauce into the bottom of a 9x13 pan and combine the meat with the rest of the sauce. Begin layering by covering the sauce with a layer of zucchini. Then cover the zucchini with about one third of the cottage cheese, one third of the sauce, and one third of the mozzarella cheese. Repeat; only arrange the zucchini strips in the other direction. Alternate again for the 3rd layer. Finish with parmesan cheese. Bake until cheese is golden brown, about 30 minutes. Makes 8-10 servings.

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## Fruit and Weight Loss 101

Although fruit is a very healthy choice, choosing the wrong ones or even too many of the right ones can slow or even stop your weight loss progress. To confuse you even more, different people are able to tolerate different amounts of fruit. Some of us can tolerate all four of the recommended servings while others can eat one and have a problem losing weight. While fruit is a very nutritious food that should be included in a weight loss diet, there may come a time when you will need to reduce or temporarily remove fruit from your diet to reach your goals. Let's take a closer look at both sides of this controversy.

### Why Fruit is a Good Food for Weight Loss

The carbohydrates in fruit do not have a huge impact on your blood sugar levels, as all the approved fruits for our program have a low glycemic load (a measure of how much a certain food effects blood sugar levels). Fruits can also supply a significant dose of fiber to your diet, which will slow digestion, aids in alleviating constipation and make you feel fuller. Fruits are also a wonderful source of antioxidants, which can help lower your blood pressure, fight off oxidative stress, and in some cases work at the DNA level to aid in weight loss.

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## Why Fruit Could Hurt Weight Loss

Fruit contains natural sugars called fructose. Unlike glucose (the major sugar found in starches), that is used for energy by your muscles, brain, and other organs, fructose is only processed by the liver. Unfortunately, if your liver already has enough energy, there is a higher likelihood that your liver will repackage the excess fructose as fat (or triglycerides), saving it for use at a later time. Now, before you panic remember that the amount of fructose in fruit is VERY small compared to the top five sources of fructose in the US diet. Therefore, only a VERY small part of the population have difficulty losing weight while eating fruit.

The other reason your weight may be stalled is because of the portion size of fruit you choose. For example, we recommend a 4 ounce apple, however many apples from the store are much larger. One apple can contain as much as 115 calories and 30 grams of carbohydrates! The 4 ounce size contains about half this amount. Measuring while in the program is sooooo important. If you have gotten away from measuring, make sure to go back to the basics it can really make a positive difference at your weekly visits!

-Tricia Foley, MS, RD

Body Fit Studio Schedule						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM - 7:30 AM		Low Impact Cardio (Javan)		Low Impact Cardio (Javan)		
7:30 AM - 8:00 AM		Pilates Mix (Tricia)		Pilates Mix (Tricia)		
8:00 AM - 9:00 AM	Wake Up With Tammy (Tammy)				Wake Up With Tammy (Tammy)	
9:00 AM - 10:00 AM						Zumba (Paige)
10:30 AM - 11:00 AM	Healthy Backs (Paige)	Core Fusion (Tricia)	Healthy Backs (Paige)	Core Fusion (Tricia)	Healthy Backs (Paige)	
11:00 AM - 12:00 PM	Tone & Sculpt (Paige)	Reserved	Tone & Sculpt (Paige)	Reserved	Tone & Sculpt (Paige)	
12:00 PM - 12:30 PM	Core Strength (Paige)	Reserved	Core Strength (Paige)	Reserved	Core Strength (Paige)	
1:30 PM - 3:00 PM		Reserved		Reserved		
3:30 PM - 4:30 PM	Dance Fusion (Ben)		Dance Fusion (Ben)			
5:30 PM - 6:15 PM	Zumba (Hope)	Zumba Toning (Kim)	Zumba (Hope)	Yogaltes (Javan)		
6:15 PM - 7:00 PM	Tone and Sculpt (Hope)	Zumba Cardio (Whitney)	Tone & Sculpt (Hope)			