

Weighing In: March 2012

Winners versus Whiners

I got the title for this month's newsletter from listening to people complaints on Facebook.... I'm amazed at how many people complain about gaining their weight back, or the fact that they're not able to follow the program. When the list of people that have accomplished a great deal is very large, no pun intended. We at The Weigh Station do all we can to help you accomplish your goal.

But accomplishing your goal depends a lot on you. If we lay all the tools at your feet to build the chair the wood, screws, glue, and the blueprint you should be able to put together. If everything just lies on the floor and you never pick it up, the chair will just be a vision you have that never comes to fruition.

So I decided I would look up quotes of some famous folks and others that have made major differences in the lives of people, many of them have struggled to overcome multiple difficulties in their own life.

``Worry does not empty tomorrow of its sorrow; it empties today of its strength."`

-Corrie Ten Boom

"No amount of security is worth the suffering of a life chained to a routine that has killed your dreams."..a Obese Weigh Station patient

"Forgive yourself for your faults and your mistakes and move on." Albert Einstein

Perseverance is not a long race; it is many short races one after another." Walter Elliot

"Although the world is full of suffering, it is also full of the overcoming of it." Helen Keller.

"Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit.. Napoleon Hill

If you're a whiner constantly complaining about the fact that your failings.. What good does it do to dwell on failings? You're just causing yourself more destruction by the words of your mouth. The Bible says, "Death and life are in the power of the tongue, and those who love it will eat its fruit." (Proverbs 18:21)

Your "word life" with others will make or break you in your own personal relationships with other people in this life. If you do not learn how to speak to other people in a positive and godly manner, then sooner or later no one will want to have anything to do with you, and you will eventually find yourself being totally isolated and alone.

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I simply cannot stress enough the power that is on these particular verses – and that each and every Christian does their best to clean up their speech and the way they express themselves to other people in this life.

The first thing that God is trying to tell all of us is that we have a certain amount of “power” in our tongues. Our tongue is referring to the verbal words that we speak out of our mouths to other people.

When God is using the word “power,” He is telling us that every single one of us has a certain amount of power residing in our mouth and in our tongues with the words that we can release to other people.

And with this kind of power residing in our ability to release spoken words to other people – God then tells us what can happen with this kind of power. This power can either be used to bring life or death to the person that we are speaking to. Think of the responsibility and ramifications of this revelation – that our spoken words to other people can either bring them life or bring them death!

You can either choose to learn how to speak and release positive words of love, encouragement, and edification to other people in your own personal dealings with them, or you can choose to release negative words of condemnation, criticism, coldness, and harshness. The choice is yours!

So each of you need to decide, what are you a winner or a whiner? The only one that knows how to change it is you. We look forward to helping each of you reach your goal of weight loss, health, and a new outlook towards the rest of your life. I listed for you, the differences between winners and whiners.

10. “Winners take responsibility. Whiners play the victim.” When things don’t go as planned, winners don’t worry; they man up. Whiners want to stay low profile. By staying under the radar, they let others make decisions.

9. “Winners can have what they want. Whiners want what they cannot have.” There’s a price to pay for success. Work hard, play hard and invest in lifelong learning. Don’t “expect”. No one is entitled to success by simply showing up.

8. “Winners find a way. Whiners find an excuse.” Winners adjust their approaches and actions to overcome obstacles. Whiners look at life’s curveballs and believe they’ll strike out. Then they play “Blame Game”. It’s never their fault.

7. “Winners brighten a room by entering. Whiners brighten a room by leaving.” Positive attitudes energize people. Doom and gloom conversations always lead to dead ends.

6. “Winners listen twice as much as they talk. Whiners talk twice as much as they listen.” You can’t learn when you’re talking.

5. “Winners enjoy life’s journeys. Whiners put their joy in destinations.” Before you get where you’re going, you should think ahead. Every next step propels growth.

4. “Winners build friendships. Whiners destroy friendships.” Understanding the perspectives and opinions of others leads to “aha” moments. Arguing points makes it difficult to overcome differences.

3. “Winners think big. Whiners think small.” When choosing to think big, you see possibilities and constantly push the boundaries of your comfort zone.

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2. “Winners are focus-minded. Whiners are scatter-brained.” Manage your priorities. If you don’t, you’ll accomplish little by trying to do too much.

1. “Winners create positive meanings. Whiners create negative meanings.” There’s always an upside when you’re upside down. Find the upside and you’ll find a way out of difficult situations quickly.

Whiners become winners when they decide to make things happen, rather than letting them happen.

- Dr. Shaffer

Sharing The Journey:

Sharing the Journey is a support group where you can get together with people in situations similar to yours, talk about problems you may have had in the past, help others overcome their obstacles or maybe just vent your frustrations. We want you to know that you are not alone in your struggles and EVERYONE is invited to attend!

Linda Snead will be directing these meetings and you can read more about her on our website at www.weighstation.net. Sharing the Journey meetings are held Thursday nights from 7:00pm-8:00pm. The first and third Thursdays are at the Christiansburg Weigh Station. The second and forth Thursdays are at the Valley View Holiday Inn in Roanoke.

Evening Exercise Classes!

I am excited to announce the start of an evening exercise class designed around the needs of stage two patients! This class is a beginner/intermediate class that incorporates full body motion, use of bands and balls and low impact aerobic exercise to help you get the body you desire. Together we will create a fun and active environment that makes getting in shape something to look forward to.

Currently, evening classes are being held at Pathway's gym (located in the same mall as The Weigh Station in Christiansburg) on Mondays, Wednesdays and Fridays. These classes start at 5:30pm and last 30-45 minutes.

The Weigh Station exercise class schedule:

Monday	Fitness for Beginners 11:00am-12:00pm Motor Mile Fitness Center 5:30pm-6:30pm Pathway Christian Academy
Tuesday	Core Fusion: Upper body 10:30am-11:15am Motor Mile Fitness Center
Wednesday	Cardio: 11:00am-12:00pm Motor Mile Fitness Center 5:30pm-6:30pm Pathway Christian Academy
Thursday	Core Fusion: Lower body 10:30am-11:15am Motor Mile Fitness Center
Friday	General Fitness: 11:00am-12:00pm Motor Mile Fitness Center 5:30pm-6:30pm Pathway Christian Academy

Additional Activities:

We offer monthly cooking classes on Wednesdays in Christiansburg. Be sure to ask our receptionist when the next class is scheduled!

Sleep, Weight and the Hormones Leptin and Ghrelin

Many of you have probably heard that sleep is an important component to weight loss, but have you ever wondered why? Sleep plays a huge role in how hormones act. Insulin (the fat storage hormone) is affected by sleep but so are the hormones known as Ghrelin and Leptin. What are these hormones? They are your appetite regulating hormones. Ghrelin stimulates appetite and Leptin, produced in your fat cells, sends signals to your brain that you are full. When you don't get enough sleep, leptin decreases and you don't feel as satisfied and the lack of sleep also causes ghrelin to rise which stimulates your appetite more!

Studies:

University of Chicago study: Doctors measured levels of Leptin and Ghrelin in 12 healthy men. They also noted their hunger and appetite levels. Soon after, the men were subjected to two days of sleep deprivation followed by two days of extended sleep. During this time, doctors continued to monitor hormone levels, appetite, and activity.

The end result: When sleep was restricted, Leptin levels went down and Ghrelin levels went up. Not surprisingly, the men's appetites also increased proportionally. Their desire for high carbohydrate, calorie-dense foods increased by a whopping 45%.

Stanford study: (a joint project between Stanford and the University of Wisconsin) -- about 1,000 volunteers reported the number of hours they slept each night. Doctors then measured their levels of Ghrelin and Leptin, as well as charted their weight.

The result: Those who slept less than eight hours a night not only had lower levels of Leptin and higher levels of Ghrelin, but they also had a higher level of body fat. The level of body fat seemed to correlate with their sleep patterns. Specifically, those who slept the fewest hours per night weighed the most.

Leptin and sleep apnea:

Many suffering from obesity also have sleep apnea. Interestingly enough, those with this sleep disorder have a different reaction to Leptin: studies show they do not have the usual low Leptin levels associated with being overweight. Instead, they have uncharacteristically high levels of Leptin. When treated, their Leptin levels drop which surprisingly helps them lose weight.

So why does low Leptin cause weight gain in some but not in others? One hypothesis is that the level of this hormone may not matter as much as a person's individual response to it. It's much like insulin resistance. In these individuals, their cells just aren't sensitive enough to react...people with apnea may be resistant to the fullness signal that Leptin sends to the brain. It's like the body is saying stop eating, but the brain just isn't listening.

One thing we know for sure is that getting a more restful deep sleep of 8 hours can really help! Make it a priority to go to bed at a decent hour and if you do have sleep apnea, seek treatment.

-Tricia Foley, MS, RD

Reference: <http://www.webmd.com/sleep-disorders/guide/lose-weight-while-sleeping?page=3>

Sleep Patterns and Exercise

Many of us suffer from sleep disorders. If you are one of the unfortunate ones then you understand how difficult it can make your day. Without enough sleep, we feel tired and lethargic and have difficulty remembering the simplest things. Not getting enough sleep even makes going to sleep the next night harder. This cycle of sleeplessness is difficult to break and if left alone can have devastating effects on our life. One way to break this vicious cycle is with exercise.

There are some who may question adding exercise to their day when they are already exhausted. This is part of that negative pattern and is probably the most difficult part to break. When you exercise, your core temperature heats up, more oxygenated blood reaches the brain and endorphins are released. When this happens, you feel more energized even though you have just spent more energy than usual. It also triggers a cascade of physiological events that leads to deeper REM sleep that lasts longer. In other words, it makes you sleepy. Think of it like this, every cell in your body decides to have a party. They all work hard getting ready, putting up decorations and picking out the right music (exercise). Now, it's time to party (endorphins)! The music's loud and everyone's jumping around having a good time. Conversations are rampant about all the changes that were made and the party platters are never empty (protein and veggies of course). Now the party's over and most go home and get ready for bed. They're still talking about the party and some have volunteered to stay behind and clean up but the majority of them are ready to crash in their beds (REM sleep).

The next question is "When should I exercise to get the best sleep?" There have been several studies regarding this question and as you may guess, there have been mixed results. Every study I read did agree on one thing, you need at least 3 hours between the time you finish exercise and the time you go to bed. Those who exercised close to bed time had greater difficulty getting to sleep (the party was still raging). The majority of studies concluded that afternoon/early evening was the best time to exercise to improve sleep patterns. My suggestion is to aim for the latest time that fits your schedule and make it consistent.

So what do you need to be doing to get the best sleep? Most studies agree that moderate/vigorous cardiovascular exercise creates the best results when it comes to sleep patterns. Twenty to forty five minutes of cardio that involves all major muscle groups and leaves you breathing hard (but not too hard) is what you want to aim for. This can be walking, cycling, using the cardio equipment at a gym, low impact aerobics classes, swimming, etc. You can even include weight bearing exercises if done properly. The best advice I can give you is to pay attention to your body, don't overdo it and start out slow. If you start too hard, you will injure yourself and won't be able to continue until you heal.

Recipe of the month:

Lemon Herb Chicken

1/2 tsp salt

1/4 tsp pepper

1 tbsp olive oil

1 tbsp herbes de Provence

2 tsp lemon zest

juice from 1/2 a lemon



Sprinkle chicken with salt and pepper. In a large ovenproof skillet coated with cooking spray, brown chicken in oil. Sprinkle herbes de provence and lemon peel over chicken. Add lemon juice to pan. Bake uncovered at 375 degrees for 12-15 minutes or until cooked through.