



November 23, 2009 – Grand Rapids, MI

## Reality—*The Biggest Loser*

*The Biggest Loser* is the popular reality show that takes a group of extremely overweight people, hosts them in a luxury dormitory setting, and provides a well-equipped gym and personal trainers. The goal is to lose the highest percentage of weight and win money. It's become so popular that both trainers are now celebrities in their own right. I think it's great that these people are able to lose weight and in the process, get healthier—we know they're healthier because they check just about every indicator of health known to medicine. Is the weight loss or improved health a surprise? Not at all.

Think about it. You're isolated from life—family, job, bills, all of it. All you have to do is eat healthier and exercise for hours a day. This is no different from the numerous weight loss studies that have been done where people were housed in metabolic wards of hospitals. Everyone loses weight—no surgery, no exotic supplements or juices. They eat less and move more. Works every time.

The lesson for us? We have to create the atmosphere in our heads that will help us do what they do: eat less and move more. It won't be as convenient; we'll have to work to keep our focus a lot more than they do. They may win money, but we win back our lives. That leaves just one question:

What are you prepared to do today?

**Dr. Chet**

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