



November 25, 2009 – Grand Rapids, MI

Reality—*The Biggest Loser*, Part 2

In Monday's message, I talked about *The Biggest Loser*, the reality TV show based on weight loss. One issue that's never discussed is this: when someone loses over 100 pounds, who pays for the plastic surgery? There will be excess skin left behind, and although a young body might snap back after losing 20 pounds, even a young person will have too much skin after a major weight loss—those of us over 40 or 50 will be in even worse shape. After losing 100 pounds, your clothes won't fit right and the extra skin will make you still look heavy. My guess is that you're not going to be happy with your body with all that extra skin around your middle—your spare tire may be deflated, but it's not gone. The show provides beauty and wardrobe makeovers but not corrective plastic surgery.

I don't think anyone who's currently 100 pounds or more overweight would mind having that problem—if we finally lost the weight we've always wanted to lose, we'd find a way to pay for the plastic surgery. But it raises these two points: losing excess weight while you're young will give you a better result than waiting until you're past 30 or 40 or 50; stopping and reversing your weight gain while it's still a small number is the smartest thing you can do for both your health and your budget.

Happy Thanksgiving

Paula and I would like to wish you all a Happy Thanksgiving. If you're traveling, drive and fly safely. If you're hosting the family, enjoy the time together. We're thankful you're there and a part of our extended family.

What are you prepared to do today?

Dr. Chet

WGUV Straight Talk on Health

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