



December 14, 2009 – Grand Rapids, MI

## *The Biggest Loser*

The TV show *The Biggest Loser* recently completed its season. The winner lost over 55% of his starting weight: Danny weighed 430 to start and over a year, lost 239 pounds, and weighed 191 pounds at the finale. It's a tremendous accomplishment. But when you have 50 or 35 or even 20 pounds you want to lose, you watch that and think, "Why can't I do that? I don't have anywhere that much to lose—why can't I get it done?"

Like I wrote in the series about reality TV, *The Biggest Loser* participants have some tremendous advantages:

- They're removed from any semblance of life and have to worry about two things: eating less and moving more.
- They don't have to deal with the stress of work and family because they aren't there.
- They don't have to drive past the fast-food places on their way home from work or gaze longingly at the candy in the checkout lane or turn down the donuts in the break room.
- They have personal trainers who push them within an inch of their lives—if you've watched the show, you've seen several people collapse during exercise.
- Fortunately, they also have medical personnel just outside of camera range so that if something happens, medical attention is on hand.
- They have the time to enter everything they eat into a computer program that analyzes their diet. Try writing down everything you eat for three days—measuring and weighing all your food. Not everyone has that kind of time.

Here's the thing. If you put in a consistent effort at eating less and moving more—day in and day out—you may not lost 239 pounds in a year, but you could lose 50. That's only a pound a week—that's doable and realistic, even with your busy life. You're getting a head start by focusing on losing weight this holiday season so that when 2010 arrives, you'll be on the road to a leaner, fitter you.

What are you prepared to do today?

*Dr. Chet*

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