

# The 30 Pound Club

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January 1, 2010 – Grand Rapids, MI

## The 30 Pound Club

In talking to our son, Matthew, on Christmas, he mentioned that both he and his wife, Kerri, want to lose 30 pounds. Paula told me she also has about 30 more pounds to lose on top of the 40 she's already lost, and I added that I had about 45 to go, but 30 would be a great start—and then we thought there must be a lot of people in the same position: carrying 30 more pounds than they'd like. Thus was born The 30-Pound Club.

We mentioned the idea to our sister-in-law, Joy, and she said, "Sign me up!" Now I'm inviting all of you with 30 (or more) pounds to lose to join us for the next six months; even if you don't have that much weight to lose, you're welcome, too. Think of it as strength in numbers—or misery loves company—but The 30-Pound Club will be a way for you to work toward your weight-loss goal along with a lot of other people who have the same goal.

The 30-Pound Club will start on Sunday, and I'll send you an invitation to join. You'll be able to sign up for a special 30-Pound Club e-mail that will come out once a week on Sunday to help you get a running start on another week of weight loss—a different message from the Message you get three times a week. The objective is to support you on your goal to lose 30 pounds in six months.

That's where we'll begin, but this will be a growing and evolving project. There will be a 30-Pound Club section of the website, a special e-mail address for you to ask personal questions about anything related to weight loss, audios and webinars for members only, and possibly a dedicated Facebook page that will include only members of The 30-Pound Club—the idea is to allow you to support each other. There will be rules that have to be kept, but the objective is to make it possible for members to have a conversation about their progress, both successes and challenges.

If you want to lose 30 pounds this year, sign up when you get the invitation on Sunday.

**Dr. Chet**

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