

# The 30 Pound Club

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January 10, 2010 – Grand Rapids, MI

## More on The 30 Pound Club

Thanks for being a part of The 30 Pound Club! Here's where we stand.

The problem with many weight loss efforts is that we start out gung-ho and then our enthusiasm wanes until we're right back in our old habits and at our old weight. The goal of The 30 Pound Club isn't just to get you started on weight loss but to help you keep going the second through sixth months so that this time you really make it. In direct contrast to our usual attempts, The 30 Pound Club will pick up speed as we go. For now, the regular messages that I'm sending are all about weight loss, so please read them; if you don't subscribe to the Message from Dr. Chet, they're posted in the **Messages** section of [drchet.com](http://drchet.com) so they're always available for you to catch up on or review. Then as the regular messages move on to other topics next month, The 30 Pound Club will be there stronger than ever to help you stay on track.

But things will start happening before the end of the month. The 30 Pound Club section of [drchet.com](http://drchet.com) will be active next week, and that's where The 30 Pound Club messages will be stored. I'll also be adding more information in the **Research Update** section about healthy eating and exercise; you'll already find info there on starting a jogging program, interval training, tracking your calories, and the Portfolio Diet, which helps lower your cholesterol while reducing calories.

The 30 Pound Club Facebook page will be set up by next weekend as well. I'll send out a special e-mail that invites everyone in The 30 Pound Club to join this dedicated Facebook page—it will be a friends-only page, so you won't be able to get to it without being invited to join. The purpose of my entry into Facebook is for one and only one reason: to provide you with motivation to help you lose 30 pounds in the next six months. By participating, you'll be able to talk with each other and support each other. No promotion of products or weight loss programs allowed. Just support.

Thank you for your patience in this process. The response to The 30 Pound Club has been overwhelming—I didn't anticipate the sheer volume of people who want to be a part of it—but there's always room for more. If you have friends or family who want to lose weight this year, invite them to join The 30 Pound Club along with you. Many of you have sent me weight loss questions at the special e-mail address, [30poundclub@drchet.com](mailto:30poundclub@drchet.com). As I said earlier, the January messages cover many aspects of weight loss, so please read them to help you get started. For example, many of you have said that reducing your calories by 20% has already helped you start losing weight.

At the end of the day, the solution is eat less and move more. My job is to keep you focused on those two things.

*Dr. Chet*

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