

The 30 Pound Club

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January 17, 2010 – Grand Rapids, MI

Rough Cut

When a sculptor looks at a piece of marble or granite, she can envision what the final piece will look like. However, she can't start on the delicate features she might want to give the hands or the face. She has to make a rough cut to get the basic shape in mind. Once she does that, she can start fine-tuning things.

That's where you and I are right now—we're making rough cuts to our bodies. We're just trying to take off weight in a responsible fashion. It may be a long time before we get to fine tune them. We all would probably like six-pack abs, but right now I'd just like to get to a point where there's a lot less fat covering my abs. I'm sure you have your body parts that you'd like better defined. You'll get there if you continue to work on the rough cut you've started. It's going to take some time, but remember our philosophy: we're changing our lifestyle so that we only have to do this one more time—because after that, we maintain it.

Once we finish the rough cut, we'll start to chisel the parts that we'd like to see defined. Just understand that depending on how much weight you have to lose and your age, that fine tuning may require plastic surgery as well as some work in the gym. We'll get to that eventually but for now, the money you're saving by eating less? Save it because you might need it later. Whether it's for new clothes, plastic surgery, or the flights to your class reunion, save the money because it will come in handy.

What are you prepared to do today?

One More Thing

I told you I'd have the Facebook page up this weekend. Since there are 29 million or so people on Facebook, it seemed reasonable to assume Paula and I, with 14 years of college between us, would be able to figure out how to make it work the way we wanted. Well, okay—we're still working on it.

The good news is that The 30 Pound Club section of drchet.com is almost ready. I'll let you know as soon as these new features are available. In the meantime, the special e-mail address, 30poundclub@drchet.com, is getting a workout; if you have questions, I'd love to hear from you. Thanks for your patience.

Dr. Chet

Straight Talk on Health

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sunday in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org and clicking on "Listen Live" in the gray bar at the top.

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