

The 30 Pound Club

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Throw Long

It's Super Bowl Sunday and I can't wait for the game to start. But before then, I wanted to talk about an article that I read in *Men's Health* magazine called "Why Men Fail." The essence of the article was that cynics can't succeed. They always have a reason why: they didn't get the breaks, or someone was holding them back, it was always their fate to fail, or they're too young, too old, wrong gender, wrong ethnicity. There's always an excuse.

I was talking with Joe, a business associate, about that *Men's Health* article and asked him what he thought. He replied, "I throw long every day." I asked him to explain; he said that he doesn't allow life to interfere with his goals. If one thing doesn't work, he tries another. In football, a quarterback throws long when he's going for the fast touchdown rather than a short yardage gain. Joe goes for the win every day.

If you're one of the people, like me, who have gained and lost weight many times, and have failed more times than you care to think about, you may develop that type of cynical attitude. You look at something and say, "Here's why that won't work," or "My problem is that my thyroid..." There's always something that prevents you from getting to your weight and fitness goals.

If we hadn't failed many times, we wouldn't be here. Let's take a lesson from this *Men's Health* article and my friend Joe and throw long every day. It doesn't matter how much we overate or what workouts we missed--those are in the past. The only thing that matters is that you're going to go for that healthy lifestyle choice today. Right now.

Remember that you don't have to just sit and passively watch the Super Bowl. Jump up and down when your team scores, punch your fists like a boxer when the other team makes a good play, and do Bit Fills during timeouts. Enjoy the game and don't forget to throw long.

What are you prepared to do today?

Dr. Chet

WGUV Straight Talk on Health

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