

# The 30 Pound Club

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February 21, 2010 – Richmond, VA

## Train for the Gold

Unless you've been under a rock or on a desert island, you've probably watched at least some of the Winter Olympic Games. While some of the stories about the athletes get a little sappy, you can gain some wisdom if you listen carefully. One of the things that I heard over and over was that all the athletes, whether they won a medal or not, had trained for the past four years for that single moment when they would compete in their sport at the Olympics. Every stretch before and after a workout, every weight they lifted, every effort in every workout, everything they did or did not eat over the past four years all contributed to that moment. There were no guarantees that they would win anything. They still had to perform with the whole world watching.

But I want to focus on two things. First, building the attitude. It didn't happen overnight. Getting up early to train. Skipping fun activities they might rather do with friends so they could get enough sleep to recover. Eating for maximum energy but not overeating.

And that's exactly what we're doing—building that attitude. Face it. When you first read the invitation to The 30 Pound Club, you were ready—maybe because it was consistent with your New Year's Resolutions. But it's now seven weeks later. Reality has set in, and it's the attitude you're building that will help you achieve that 30-pound weight loss (or whatever you sent me in your contract) or fall short of your goal. If this is really going to be *One and Done* for you and me, we're going to have to continually work on keeping our heads in the game until our new lifestyle is established. We will fail along the way—but only temporarily. I know more already about what doesn't work for myself, but I've also learned a few things that do. I'm sure you're in the same position. Whatever you have to do to develop that attitude, do it. Read motivational books. Watch an inspiring video. Meditate. It doesn't matter how you do it, but just like those Olympians, you have to build the attitude that this really is *One and Done*.

Second, what you eat in relation to the type of exercise you do is important. If you watched the Olympics, you see that the half-pipe is done in less than 30 seconds, the downhill skiing was over in less than two minutes, the long skating program took three to four minutes, and the 10K in cross-country skiing took less than 25 minutes. Each event uses different energy systems, and that means the fueling for each event can be slightly different.

The same is true for us. What we eat and when we eat it can either help us during our workouts or hinder us. I'm going to spend the next few Messages talking about that. We're eating 20% less, and it's working based on what you've told me; now we're going to focus on eating better as well. In that way, we'll have the energy we want to do all the things we want to do, including exercise.

What are you prepared to do today?

**Dr. Chet**

P.S. Have you checked out the 30 Pound Club Group on Facebook? Share your questions, comments, concerns, successes, and failures with others who are going for the same goal. It's one more way you can contact me, in addition to the special email address, [30poundclub@drchet.com](mailto:30poundclub@drchet.com).

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