

The 30 Pound Club

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March 21, 2010 – Grand Rapids, MI

Decide

I love to fly because I get more reading and writing done than any other time. On a recent flight, I read an article about a current National Basketball Association All Star. When he was 11 years old, he told his daddy he wanted to play in the NBA. His dad told him it would mean that he couldn't hang out with his friends as much and that he couldn't go to the movies sometimes. That was okay with him, so his dad did what he could to prepare him for the NBA.

That was 13 years ago. The young man's name is Dwight Howard—he plays for the Orlando Magic, and he's an All Star. He decided at 11 to do what it took to achieve his goal. It took him seven years to do it because he entered the NBA from high school.

Here's the lesson for us from this young man: decide that you really want to lose the extra weight and get fit. It's not a wish. It's not a dream. It's what you want. Then understand you'll have to do what it takes to get there. You know that means eating less, and you've started on that. You know that it means you'll have to exercise. You won't be able to go out with friends all the time unless it's working out or dancing. You won't be able to do some of the activities you're used to doing; gardening and playing with the kids are still in, but some of your favorite authors and TV shows will have to get along without you. That's just the way it is.

If an 11 year old can get to the NBA in seven years, you can get rid of those 30 pounds once and for all this year. You simply must make the decision and have the drive to do it. Just answer this question:

What are you prepared to do today?

Dr. Chet

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