

# The 30 Pound Club

Join at [drchet.com](http://drchet.com)

May 30, 2010 – Grand Rapids, MI

## Strategy

The National Weight Control Registry is an on-going national study of successful losers—not losers in life, but losers of excess body weight. To be included in the study, participants must have lost at least 30 pounds and kept it off a minimum of a year. There are more than 4,000 people in the study, and periodically, they're asked about the details of their success.

Tomorrow is Memorial Day. This weekend is the first major outdoor holiday of the year. I think it warrants a review of the three strategies you can use for holiday eating I first wrote about last year. All I'm asking you to do is to consider each option and decide which approach works for you. Then I'm going to tell you how the members of National Weight Control Registry deal with holiday eating. On to the strategies.

### Stay the Course at Every Meal

Decide the holiday is just another day. Several people I know who are committed to losing weight stick with their program—they sample some of the holiday foods but keep track of everything they eat. They eat a little less at other meals so the celebration meal can be a little higher in calories, but they stay the course. That goes along with what I've always said: you can eat anything you want as long as you control the amount—that includes all the wonderful foods at barbecues and cookouts.

### Eat What You Want, but Eat Reasonable Portions

This is similar to the first strategy but for those of you who are not on a specific program such as just eating 20% less. Eat a reasonable portion of your favorite foods and then no more. And when presented with a new salad or dessert, take a tiny portion to determine whether it's worth the calories rather than take a normal-size helping and finish it because you'd be embarrassed not to or simply eat it without thinking. Make sure you also watch what you drink—there are plenty of calories in drinks with alcohol, and summer time is beer time.

### Eat What You Want and Then Eat Less the Rest of the Time

This is the riskiest but probably the most realistic approach. If you stuff yourself at your barbecue, if you go crazy nuts and eat several hot dogs and a couple burgers, that's okay. It's one meal at one moment in time and it's over. Eat less than you usually do for the next few days and try to move more—take the stairs, go for a walk, or play Frisbee.

Which strategy do the successful losers from the National Weight Loss Registry use? The first one: it's just another day. Their meal plan is their lifestyle, and they don't deviate from it. They've found a way to eat what they want in reasonable quantities every day.

Every strategy will work as long as you think about it—make a plan and stick to it. Mindless eating will be your downfall. The right strategy is the one that works for you, so choose a strategy and stick with it, and when the end of June rolls around, you'll be glad you thought before you ate.

Here's my strategy: I can tell you right now that I'm cooking ribs tomorrow and I'll be eating a lot of them—so I'm planning to eat less the rest of the weekend, as well as making all the side dishes as healthy as possible.

Many of you are members of the 30 Pound Club Group on Facebook, so log in this week and let me know which strategy you chose and how it worked. And I'll let you know how I did, too. (If you're logged in to Facebook when you click the link, you'll go right to the Group's wall if you're a member and to the Group info page if you're not—and while you're there, you can request membership. If you're not already on Facebook, it's free and easy to join, and then you can participate in the Group discussion on the wall.)

What are you prepared to do today?

**Dr. Chet**

---

 **WGUV** 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](http://www.wgvu.org) and clicking on "Listen Live" in the gray bar at the top.

---

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

**Subscribe to the Message from Dr. Chet at [DrChet.com](http://DrChet.com) — © Chet Zelasko PhD LLC**