

The 30 Pound Club

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Dogs and Roads

Here are a couple of observations I made while I was out driving recently. As I was driving through a residential area, I saw a woman walking a dog—a Pembroke Welsh Corgi. This is a short-legged dog, but he was enormous. It just didn't look like he was having any fun on his walk because he was so overweight. Remember what it was like before you started working on getting fit and losing weight? Every physical task was such an effort. It might not be a breeze now, but I'm guessing it's better than it was.

Move to another drive later that day. You know the old joke that there are two seasons in the north: winter and road construction? Well, as I turned onto a road, I remembered back one year ago when the entire road was a mess. Everything had been torn up, but now it was perfect. The lesson is this: no matter where you are today, you're under construction as I wrote in a message a few weeks ago. You might feel like a mess. It may not look like you're making any progress. But remember what it was like when you were heavier than you are today?

Don't be like that Corgi. You don't want to go back to where you were. Keep focused on where you're going to be. It may take time, but you'll make it as long as you keep working at it. The only way you fail is if you quit.

What are you prepared to do today?

Dr. Chet

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