

# The 30 Pound Club

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

August 8, 2010 – Grand Rapids, MI

## Weight Goals

Last week I talked about setting goals, and then yesterday, I got a question from Tony, a 30 Pound Club member. He asked what his weight goal should be. Based on [Body Mass Index](#), he didn't feel he could even get to the upper part of the range without being emaciated.

It's an excellent question and one that Paula and I have tossed around often—neither of us is small framed. Getting to a normal BMI would mean I'd have to weigh 174 pounds, lower than my goal of 178 pounds. Getting to 178 has been challenging; trying to go even lower—I don't think so. Paula's situation is similar, and both of us have weight goals that would put our BMIs at 26—technically, still overweight.

But BMI is just one measure of health. Are there any other metrics that we could use to assess whether we're at a healthy body weight or not? I think there are.

First, use waist circumference. If you lose enough weight to get into the overweight BMI range (over 25 and under 30), and if your waist is less than 40 inches as a man and less than 35 inches as a women, your risk of cardiovascular disease is lower. It's not gone, but the risk is no longer high.

Second, use fasting serum triglycerides—and they must be fasting. They should be less than 150 mg/dl; that means your body is processing fat and carbohydrates normally. Some people are surprised that the amount of fat floating around in your bloodstream—and that's what triglycerides are—can be related to carbohydrate intake. If you're insulin resistant, you're not processing carbs effectively and your body is turning them into fat. That shows up in a high triglycerides number, which is one of the early indicators that you're about to become a diabetic.

If you've been having trouble deciding on goals because you feel you could never reach them, try setting goals using these three metrics together. Like Tony, who's lost seven pounds but two to three inches off his waist, that's significant progress toward a healthier you. True, we would all like to look fantastic in a bathing suit, but we may have to settle for looking good in jeans. More important, let's work to push heart disease and diabetes away for a few more years and maybe forever.

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