

The 30 Pound Club

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Frustration

Recently I got this question from a 30 Pound Club member, and I thought I would share it with you:

“Why is it that my body stalls on shedding the pounds? After my first month of working out and eating properly, I just started seeing the weight shift on my scale. When you are working so hard it can be discouraging to not see results after four weeks of discipline! What gives? This has been the issue that has made me quit on my goal to lead a healthier lifestyle and weight loss in the past.”

I would say that many of us have been there. It seems like we do everything right and things don't move fast or at all. Well, there's a good reason for that. My opinion is that it's the way we initially put on the weight. You may not have noticed as you gained weight, but it was an extra 100 calories one day, 200 calories the next. That means it could take a month to put on a pound. We noticed it when our clothes got tight—maybe you just washed your jeans, and for the first time, you could barely button the waistband. Then it seemed like it happened quickly.

It didn't. I've always said that we never went to bed at 180 pounds and woke up at 350. We can't take it off that way either. So think of it this way: you have to make yourself be as patient while losing the weight as you were when you put it on. The difference is that you really weren't watching yourself slowly gain weight, but you're watching so closely to see it come off. Patience can be learned—or at least, it can be faked.

Train your mind and your body will follow. That's what the question writer said she's going to do because she is committed to One and Done.

Next week we'll get into detail about weight plateaus.

What are you prepared to do today?

Dr. Chet

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