

The 30 Pound Club

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September 5, 2010 – Grand Rapids, MI

From Realization to Action

I hope you're enjoying this Labor Day weekend. It's the end of summer, the beginning of school, and mentally, a long stretch until Thanksgiving, the next major holiday. I'll keep this light and easy.

I received an email from a long-time reader and friend that sort of chronicled her experience with exercise, body weight, and where she is right now. She's found that she has transitioned to walking an hour a day. That's the amount of time it used to take to pack up her young children, go to the gym, arrange childcare, work out, pack up the kids, and go home again. She lives a beautiful area of the country. She takes 30 minutes to decompress and release her stress and then another 30 to plan her day. One hour of walking every day for five months has helped her body be fitter and leaner. No, she doesn't weigh what she would like to weigh yet, but she understands that it will take time.

She's also changed her attitude toward food. If you get the *Message from Dr. Chet*, her daughter was the little girl I mentioned in yesterday's message; look for it in the Messages section of drchet.com. What her daughter said will make you rethink your attitude about buffets.

My reader concluded her email by saying the following:

Maybe WHERE we place our body and what we're DOING there and WHOM we're doing it with and the HEALTH of our body are all coordinated. Does that make sense?

It sure does. Realization is a powerful thing. But that doesn't mean you're done—you still have to act on it. Surrounding yourself with like-minded people is part of that action. That's what the 30 Pound Club is all about. So when you have something that occurs that challenges your thinking, please post it to the wall of the 30 Pound Club Group on Facebook. It's also an easy way to ask a question and get answers not just from me, but from other members—and chances are you're not the only person who's wondered about whatever it is. Maybe you're wondering what features to look for in an exercise bike, or what's the best kind of fiber supplement, or just want some healthy but tasty snacks you can easily take to work. We're in this together, and the 30 Pound Club Group on Facebook is one way we can help and inspire each other.

One and Done.

All About Kids Replay

So many people asked about the *All About Kids* webinar that I've decided to offer the replay of the webinar as a download. The kids are starting school, sports, and other activities, and this information will help them perform their best. This download will be available at just \$14.95 for only a limited time.

What should kids eat to perform better in school? What's the latest information on ADHD? What's the most important meal of the day for kids? You'll find out by getting the webinar replay. The bonus is that all the questions I was asked are a part of the replay as well as a PDF of the slides. In addition, if you're an independent business owner, I'll tell you the products you should focus on to help kids do their best.

You can have this information today! Don't wait because it won't be available for long—click here to order and download.

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 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.

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