

The 30 Pound Club

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October 10, 2010 – Louisville, KY

Sharing

Before I say anything else, I have to point out that today is 10-10-10 and that's got to be a good omen for those of us who want to lose 30 pounds!

Last week I said we'll all be better and more successful as a group by sharing. Here's what some people shared:

Kim said that she's followed many of the suggestions such as using a smaller plate and eating more frequently, but she really found a benefit in eliminating foods she was allergic to. For some people that may be wheat, others it may be soy, and still others it may be dairy. Don't think in terms of a total allergic reaction; think more like fatigue and maybe bloating. The only way you can tell is trial and error, but the key as Kim found out was that she feels great by eliminating certain foods.

Debra shared that keeping a food journal really helped her. She also said you have to be honest with yourself. That's a great comment. By writing down what you eat, or tracking it online as others have done, you can't kid yourself about what you're eating the way you can if you're just keeping track in your head. Every little nibble counts, so write it all down.

Nicole shared that she keeps the FitTV Channel on when she's working at home. When she takes a break, she does whatever workout that's on screen for five or ten minutes. That's a terrific idea. Quit thinking that a workout has to be a specific time in a specific place with specific clothes. Grab any little piece of time you can find and just do it.

Patricia shared that while the grandkids are in activities or when her husband goes to the park to walk, she uses the time go to Curves and workout. To me, this is a great example of multi-tasking your way to fitness.

Jerusha got a positive comment from a neighbor lady who observed she lost some weight. That really motivated her to keep going because she didn't feel like she had lost all that much weight. One pound or 30 pounds, this isn't a quick process and when people start noticing, that's a real incentive to keep going.

The last comment I'll share is from Deb who said that what she has finally come to accept is that this really is a lifestyle change. At the end of the day, that is what it's really all about: if we're going to permanently change our weight and fitness, we have to make permanent changes in our lifestyle.

Let me repeat the challenge from last week. Join the 30 Pound Club Group on Facebook if you haven't already. Read what others have posted. You don't have to comment unless you want to, but I would really like you to share what works and doesn't work for you, like Ed who found a specific diet plan he likes or Karen who set a goal to run a 10K on Thanksgiving. I'm asking you to put up those ideas that have helped you. I don't care whether you've lost an ounce or not, but if you've even started to think about food and fitness in a new way, I know that you've been able to change something that will help someone else like the people whose comments I shared with you today.

Individually we may have made little progress or a lot, but I know that if we pool the processes that have worked for us, we will all benefit. Within each of us, we have part of the solution. Share it with everyone else. Because remember—it's One and Done.

What are you prepared to do today?™

Dr. Chet

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