

The 30 Pound Club

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October 17, 2010 – Georgetown, SC

Just Enough Time

The end of 2010 is approaching and some of us are further from our weight loss goal than we would like. I ran the numbers while on the flight to South Carolina, and there's just enough time to lose 30 pounds this year; if you have less to lose, it's even more likely. I'm going to explain how you can do it, but I want to start by saying this: it won't be easy. It will take focus and discipline. No one really likes those words but in this case, too bad. If you want to reach that 30-pound loss, you have to do the following:

- Eat a 300-calorie meal every three hours you're awake but no more than five small meals per day. You can use the list from the message on May 9 as a starting point. I'll have an expanded list posted on the Health Info page at drchet.com by next Friday--I'm on vacation until Wednesday--but if you get the logic, you can make your own list. And if enough of you send me your favorite creations, I'll post a second list.
- For every 15 minutes of moderate exercise such as walking, you can add 100 calories to your total intake up to a maximum of 300 calories per day--that means 45 minutes of walking equals one more meal if you want it. If you do higher intensity exercise such as jogging, you can add 100 calories for every 10 minutes. Don't over-think things--keep it simple and don't split hairs. But also, no exercise, no extra calories for that day. You don't have to add the calories if you feel you don't need them.
- If you haven't taken the Inherent Health Weight Management Genetic Test, consider doing it. You're going to lose weight with the approach in this message, but as you get a month or so down the line, you'll probably hit a plateau. If you know your genetic pattern and you're eating right for your genes, you'll continue to lose.

Did you mean it when you started the year by saying One and Done? It's time for us all to prove that we meant it. Most of you signed a contract and sent it to me; I signed one as well. We have the way to accomplish that goal in 2010; we can still do it if we really try.

One and Done.

Thanks to all of you who have posted or replied on the wall of the 30 Pound Club Group on Facebook. By sharing your tips and successes with others, you help us all succeed.

What are you prepared to do today?™

Dr. Chet



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