

The 30 Pound Club

Join at drchet.com

December 26, 2010 – Grand Rapids, MI

Finish

“It’s not where you start, it’s where you finish.” You’ve probably heard that a hundred times and not known it’s from the musical *Seesaw*. But it’s the meaning of those few words that can inspire us. I’ve said several times that 2010 has not turned out the way I wanted physically. Why not? Consistency. That’s why I write about it so often. You can get to a healthy weight and a more fit body if you work at it consistently. Life got in my way, and I let it happen. I don’t regret it because it gave me more insight to what you face in your lives as well.

In the last six days of this year, pick something and work at it every day.

- Eat 20% less, and lose one pound this week
- Stretch every day, and maybe get close to touching your toes or your knees or whatever applies.
- Do push-ups every day, and increase the maximum number you can do.
- Take your supplements every day at the same time.

For more easy ways to improve your health, see the *Message from Dr. Chet* for December 1.

There’s no limit to what you could do, but pick two or three simple things and do them every day. It’s not really about how much weight you’ll lose or how many push-ups you’ll do; it’s starting to establish consistency this week that will help you reach your health goals in 2011. Because it really is about where you finish that’s important.

Success

I know some of you have achieved your health goals including a 30-pound weight loss in 2010, and I want to hear about it. More than that, I want to share it with others in the first message of 2011 next Sunday. If you did it, it ain’t bragging. You may be too shy to share it on Facebook, but if you send me your story, I may include it in next Sunday’s *30 Pound Club Message*; I say may because I know many of you have achieved your goal and I can’t use every story, but I’ll pick two or three to share. You can inspire someone else with your success. Just send it to me. I will recognize everyone who achieved their goal by using your name, your initials, or a pseudonym if that’s what you prefer. Write it up *today* and send your story to 30poundclub@drchet.com.

2011

I’m going to continue the 30 Pound Club in 2011 for two reasons: there are people who have just joined and want to make 2011 the year they change their lives, drop the weight, and get fit. There are also people like Paula and me who didn’t get it done in 2010 but are too stubborn to quit, and we intend to make 2011 our year to succeed. Join me and thousands of others who are going to make One and Done a reality in 2011.

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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