



January 11, 2010 – Grand Rapids, MI

## Bits

If I had to select what most of you find most difficult when choosing between eating less and moving more, I'd say it's probably exercise. When you think about it, it makes sense. When you're eating less, like eating 20% less every day, you don't have to do something—you have to do less. From your responses, you're doing it and you're losing weight.

But it's the lack of activity that's hard to overcome; it just doesn't seem to fit in. Maybe it's because you think of exercise as replacing something you'd rather do. It would be easy for me to say, "Get over it and get moving!" That would be a little simplistic on my part, although it's my natural inclination.

Here's what I'd like you to do. For those of you who are finding it difficult to get in some exercise, keep track of what you do during the day. Note when you have at least 30 seconds of waiting time.

Here's an example. On my way back to my hotel room on the 8th floor this past weekend, I could take the elevator or I could take the stairs. I wasn't in a rush, so I took the stairs. It took maybe a minute and a half compared to the 30 seconds in the elevator. That was a bit of time that I filled with activity. Paula fills her bits by practicing dancing—her Cuban motion is great.

Keep track of those bits of time—which means write them down—while you're waiting for something, even waiting for your computer to reboot. I'll talk about what you can do with those bits later. For now, just keep track of when they happen—because they do happen for each and every one of us.

What are you prepared to do today?

**Dr. Chet**

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