



January 13, 2010 – Grand Rapids, MI

Fast Start

From the e-mails and calls I've been getting, many of you are losing weight very nicely just by cutting back your intake by 20%. In fact, some of you have said that you've lost over five pounds in the time since we started, and that's great. There's nothing like getting a fast start on your weight goal.

As time progresses, the rate at which you lose weight will probably diminish; typically the closer you get to your goal, the smaller your weekly weight loss becomes. You'll hear this many times in the next six months, but the solution is to stay the course.

The reason is that weight loss is not linear. You lose, you hold for awhile; you lose and hold again. That's normal. I wanted to tell you that now before it starts to happen.

The whole purpose of this month and **The 30 Pound Club** is to get to a weight and fitness level we want to maintain for the rest of our lives. There will be no quick solutions, and we will not quit. I know it's overused, but we're in it to win it.

What are you prepared to do today?

Dr. Chet

WGUV Straight Talk on Health

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