



March 17, 2010 – Grand Rapids, MI

Luggage

During a recent trip, I was on an elevator with a few other people. The first was a guy I've known for years that goes about 220 pounds. The bellman was also on the elevator, and he weighed 150 soaking wet. I was about 215 at the time. The other two people on the elevator were a couple. The woman was at least three and a half feet wide—I know because I stood behind her waiting for the elevator. Her husband was at least three and a half feet deep—from back to belly button. They were 380 to 400 pounds each. They also had three bags on the cart that the bellman was taking to their room.

The elevator started talking to us and said, "There is too much weight on this elevator. Please wait for the next elevator." Not being able to keep my mouth shut, I piped up with, "What does that say about us?" Without missing a beat, the woman replied: "It means we have too much luggage!"

I don't know that woman, and it might be wrong for me to guess what she meant. But too much luggage? It was a clever quip, but I don't think so. It was obvious that we had too much baggage that we were all carrying around with us—all of us but the bellman weighed too much.

What I think is that we should seek to reduce our excess baggage and get to a healthy weight. Then we'll need less luggage because our clothes will be smaller and weigh less. That's a trip I'm looking forward to!

What are you prepared to do today?

Dr. Chet

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