



March 20, 2010 – Grand Rapids, MI

A License to Overeat

On a recent business trip, I contemplated my food choices. I knew what my schedule was going to be and the restaurants available, so I tried to decide what I would eat. I wish I could say that I always make the right choice but to be honest, I don't, and I've got a whole boatload of rationalizations: I'm out of town, there are only certain restaurants available, it's not really my fault if I can't eat what I should, so I might as well eat something I'll really enjoy, and I can make better choices later, etc., etc., etc. Sound familiar? It got me to thinking that you may face the same situation when you go on trips or vacations, get roped into a business dinner, go out with friends, or celebrate special events and holidays. It's like we give ourselves a license to overdo it.

Okay, consider your license revoked. If we're ever going to get to the weight we want to achieve, we have to stop that kind of thinking. You can always make better choices, and if you need a reminder of how to approach these situations, re-read my Christmas message, **Three Strategies**; the message from last month called **Adapt** will get you started thinking of ways to modify what you're offered to make it lower in calories.

Our eating plan is in development. When we finish this year, we'll have a plan in place and it will be the way we should eat for the rest of our lives. No food will be off limits, nothing will be forbidden, but we'll always have to watch the amount and how often we eat certain foods because they're too high in fat or calories. But there's no reason to go crazy nuts just because we're away from our normal routine, even if it's a special occasion. Lifestyle means just that: it's our lifestyle to eat healthy and eat just enough. There should be no exceptions because, one more time, no food is verboten.

Message Changes

Starting next weekend, I'm going back to discussing research studies in the Saturday message. So far this year, I've focused on weight loss and I'll continue that in weekday messages and the 30 Pound Club messages. But there's so much going on in research right now, and I want to start sharing that information with you—managing your body weight and getting fit is only one part of the total package. So starting next Saturday it's back to keeping you updated on what the science actually says about the latest in health news.

This next week, we're also going to change the layout of the messages for several reasons: we want to make the messages more attractive and make it easier to let you know what new products are available, and we also need to solve certain problems we've had with the current format, such as broken links and uncontrollable type sizes. I think you'll like the new format.

Final Call

There are still several spots left for Sunday's webinar: **Effective Exercise for Weight Loss and Fitness**. I'll be covering how to exercise based on the results of the genetic test to determine which type of diet will benefit your body the most. Whether you did the test or not, you'll learn the three ways exercise can help you burn more calories: The Obvious, The Eventual, and The Invisible.

The webinar is Sunday, March 21, at 3 p.m. Eastern Time, which is noon Pacific Time, and costs just \$19.95—sign up soon because the slots are almost gone.

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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