



April 12, 2010 – Grand Rapids, MI

## Why

In yesterday's 30 Pound Club Message on posture, I talked about being a judge in the Mrs. Michigan America contest. To me, the single most important part of the entire process was the interview. How would the woman who was representing my state respond when asked tough questions? The most important question: Why do you want to be Mrs. Michigan America? If someone doesn't have that answer locked down, she shouldn't be there.

The same holds true for you. You want to be healthier. You want to weigh less. You want to be fitter. Why?

- "My doctor says I need to lose a few pounds." That's why he or she wants you to lose weight.
- "My wife (or husband or kids) says I need to lose weight." Okay—but do you think so? Does it matter to you?
- "I want to look better." For whom and why is that important?

In other words, it comes down to more than saying you want it or telling yourself you want it. You have to know why you want it. The answer should always be in the forefront of your mind. When it is, dealing with what to eat and when to exercise becomes routine—you're going to do what you have to do in order to reach your goals of being leaner and fitter.

Take some time today and think about the why—e-mail me and tell me if you want to, or post it on the Facebook wall of the 30 Pound Club Group (you have to join Facebook and request membership in the group). The more it's burned into your mind, the faster you'll get to your goal.

What are you prepared to do today?

**Dr. Chet**

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