



June 30, 2010 – Grand Rapids, MI

Halfway

Here we are: 2010 is half way done. Based on the emails I've gotten and what's been posted on Facebook, many of you let me know what you accomplished. You've also let me know what you didn't accomplish. Either way, that's fine. We're not done yet. As I announced Sunday, I'm going to continue the 30 Pound Club for the rest of the year. I'm going to share your successes this Sunday for those who have accomplished their goals.

For those of you didn't, let me share my results. I lost a solid 6 pounds, one inch off my waist, and lowered my blood pressure from the 130/85 range to the 115/75 range. But when I looked at my exercise log, I saw a real problem. I only averaged 2 runs per week. I had one week where I ran 5/7 days but 2 days a week? Are you kidding me? That's why you keep track of what you eat and how much you exercise. You can't argue with the facts. I'm going to do better because it is one and done.

Remember, the motto of the 30 Pound Club is **One and Done**. I don't intend to finish 2010 with anything to resolve for 2011. I hope you join me.

What are you prepared to do today?

Dr. Chet

WGVU FM 88.5/95.3 **npr** ***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 WGVU-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.

Subscribe to the Message from Dr. Chet at DrChet.com — © Chet Zelasko PhD LLC