



July 5, 2010 – Grand Rapids, MI

Black Squirrels

As many of you still enjoy this holiday weekend on Monday, something a little lighter to consider. I was in London, Ontario, over the weekend spending some time with a few thousand friends. I went for a run around Victoria Park and happened across black squirrels. I don't remember seeing black squirrels since my days at Michigan State, but here they were all black, not a grey one among them. It got me to thinking—like that's a surprise to regular readers. No matter how many there are in this one city, black squirrels make up a small percentage of the total squirrel population—an estimated one in 10,000.

Being successful at losing weight and sustaining it is difficult. Sometimes it seems like no one every really does it. Lose. Gain. Lose. Gain. We see it all the time—maybe in the person we see in the mirror every day. But there are people who have lost weight and maintained it. Those are the black squirrels of weight loss. That's what we're seeking to be: a group of people who changed their lifestyle, lost weight, got fit, and maintained it. The only way we don't make it is if we quit trying. Time to be a black squirrel.



One and done.

My in-laws, who grew up in Southern Illinois, tell me white squirrels are common in some towns there—but that's another message.

What are you prepared to do today?

Dr. Chet

WGUV FM 88.5/95.3 **npr** ***Straight Talk on Health***

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