



July 14, 2010 – Grand Rapids, MI

## Ready for a Famine

As many of you know, I get many of my ideas for messages from observing people. This is especially true when it comes to weight management and fitness, this year's theme. After observing people in airports and in public this past weekend, I think we're ready for a famine.

While this may seem harsh, that's my observation. With 70% of America overweight, we've stored a lot of calories in our fat cells. I'm not suggesting that you do this, but many of us could do without eating anything except for drinking water and taking our supplements for several months. We'd probably do okay. Do we have enough calories to keep our body functioning? With 21 extra pounds, I know I do. Starving? Not a chance. Not in the classic sense.

Carrying an extra 30 to 200 pounds or more is not a lot of fun. It may help us be prepared for a famine, but that's not likely to happen anytime soon. It's time to get ready for a new life. It isn't easy. If it were, I'd have done it a long time ago and so would you. But I'm committed to achieving a leaner body by the end of the year. As I suggested Monday, let's get this done. Do you really want to be ready for a famine or might you rather be ready for a party or the beach? You can only answer for yourself, but I want to join the Ready-to-Party Club.

Who knows? Maybe there is a cruise or vacation party in our future. But the only way to earn it is to be ready to party. Let's leave the Ready-for-Famine Club behind.

What are you prepared to do today?

**Dr. Chet**

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