



December 15, 2010 – Grand Rapids, MI

Straighten Up

Running on the sidewalk recently, I saw that it circled out for no apparent reason. As I got closer, I could see that at one time, there was a large tree that must have been there. Even though the tree was gone and the root removed, the sidewalk hadn't been straightened—it still bowed around. It got me to thinking.

That's what happens when someone loses weight without permanently changing their lifestyle. They've lost the weight—at least for awhile—but they haven't straightened out the root of the problem: their eating pattern. If they don't change their lifestyle, they will gain back the weight as they creep back to their old eating patterns.

We're getting close to the New Year and the 2011 cycle of the 30 Pound Club. As you finish this year strong and plan for next, remember that you have to permanently change your lifestyle. If you don't straighten up, you'll be just like that sidewalk: ready for something to fill in the space.

What are you prepared to do today?™

Dr. Chet

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