

The 30 Pound Club

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January 2, 2011 – Grand Rapids, MI

Moving On

Happy New Year, 30 Pound Clubbers! It's time to start ramping things up for the New Year. One of the first things we're going to do is move to Thursday evening. Much of what I recommend that you do to change your lifestyle requires some planning, shopping, or just some time to think, so it seems logical to change the 30 Pound Club message to Thursday evening. You have the entire weekend to plan or to try something new.

Share Your Success

I know some of you have achieved your health goals including a 30-pound weight loss in 2010, and I still want to hear about it. More than that, I want to share it with others in the first message of 2011 this Thursday. I have a couple, but I know there are a lot more. Write it up TODAY and send your story to 30poundclub@drchet.com. Share it with me by Wednesday and inspire someone else by what you've done.

If you didn't have a successful year, learn what you can from it and let it go. It ain't over till it's over—as long as you're not taking the big dirt nap, you've got a chance to be healthier so let's get going.

One and Done.

What are you prepared to do today?™

Dr. Chet

WGUV Straight Talk on Health

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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.

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