

The 30 Pound Club

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More Success Stories

I asked and you responded. Well, several of you responded. Last week, I told you about TJ and what she had to overcome to lose 50 pounds. A couple of other people—JC and WS—lost over 50 pounds as well. Here are a few examples from people who may not all have lost 30 pounds but certainly are on the road to changing their lives. I've edited what they've said to fit the format of the message.

DM started 2010 at 5'8" and 207 pounds. He was unable to do a real pushup or more than a couple sit-ups. He was eating too much junk food and feeling like what he ate. The scale says he lost 12 pounds last year, but 2010 was the first year he made a serious attempt to exercise and change his eating habits. He said that while he may have lost only 12 pounds, he can drop and do 30 military pushups without a struggle along with 70 real sit-ups every day. He intends to continue the effort throughout 2011 because now he knows he can get healthier and fit. He also relays that cabbage is the perfect colon cleanser. I'll second that.

TS decided he wanted to lose some weight and put together a plan to do so. He asked his wife and some friends if they wanted to join him; that's a powerful motivator because people feel responsible to each other. He recruited a group of 16 people before he found the messages about the 30 Pound Club. Every person had different amounts to lose and they chose Fridays to weigh-in; that helps people in the group be accountable. He started 2010 at 226 pounds and finished at 195 pounds. He feels that he will get to his goal of 165 pounds because of the habits he developed in 2010. I have no doubt he'll make it.

KG had a slightly different experience. She joined the 30 Pound Club and started to train for her first 10K. She said that in the weeks she trained, she really didn't change her thinking about food. By the end of 12 weeks, she had dropped two pounds. Then she took the Inherent Health Weight Management Genetic Test to see how her body processes food and what type of exercise suited her best. She read about what a proper eating program and exercise routine looks like. Over the next 7.5 weeks, she lost 10 pounds. She feels very encouraged because she changed her philosophy about food and exercise. She intends to win this battle that she has been fighting for 15 years. She's ready for One and Done in 2011.

No two people followed the exact same eating plan or exercise program. They found what worked for them and they followed it. Some made it all the way, some did not—yet. But they learned the real secret of getting to a healthy and fit body: permanently change your lifestyle.

If they can do it, the one thing they would tell you is that anyone could. So did others I haven't written about yet. The only question is *will you?*

One and Done.

What are you prepared to do today?

Dr. Chet



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