

# The 30 Pound Club

Join at [drchet.com](http://drchet.com)

January 20, 2010 – Grand Rapids, MI

## The Scale Won

About a week ago, I got on the scale to check my weight. I usually weigh in every day I'm home. On this day, the number wasn't what I expected; it was higher. In my mind I said, "No way," because I hadn't overeaten the day before and had worked out. Before I go further, let me explain a couple of things.

First, body weight can shift every day. We eat some carbohydrates, and we retain fluids so the excess carbs can be stored as glycogen. It's temporary, but because it takes three to four grams of water to store every gram of sugar, that can impact the number on the scale.

Second, fluid levels fluctuate based on sodium intake; eat a salty soup and a big bag of popcorn in the evening, and you're going to weigh more the next day. Again, to keep everything in the proper solution, we retain more fluids which can impact the number on the scale.

Third, if we really overeat the day before, it can have an impact on the scale because it takes time to digest and eliminate all the food. When I say you're full of crap, I'm saying it in my professional capacity.

All these things can artificially increase the number on the scale. That's why the huge numbers at the beginning of a new season of *The Biggest Loser* are more about fluid and food elimination than real fat loss, but it makes for good TV.

On the other hand, body weight changes slowly. Think about it. There are 3,500 calories in a pound of fat; if we under eat by 500 calories per day, it can take a week for us to lose one pound. Exercise seems even slower. At about 100 calories per mile if we walk (or 100 calories for every 10 to 15 minutes of any type of aerobic exercise), it seems like it can take forever to lose a pound. That may seem frustrating, but that's the deal. It really took much longer than that to put it on, but when we want it off, we want it off now.

When it comes to changing our lifestyle—and that's the only way to lose weight and keep it off—we need to focus on the habits, not the scale. It will resolve itself with enough time. We just need to develop consistent healthy habits to lose weight.

I know all that. But when I got on the scale and saw that higher number, it affected me the rest of the day. "Why bother?" I thought. "Do everything right and nothing happens." I thought those things for only an instant—and I mean just for a split second—before my conscious mind took over. But I made terrible choices the rest of the day. It was only one day—no big deal. But to reach my goals, I can't afford many of those and I would wager, neither can you.

We need to track our results so we know where we are. It's important. But we can't let a number on a scale affect us for more than an instant or even one meal. We have to learn to separate emotions from eating. If we can do that, we can reach our 30-pound goal and maintain it for life.

One and Done.

What are you prepared to do today?

**Dr. Chet**



## Straight Talk on Health

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sunday in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to [www.wgvu.org](http://www.wgvu.org) and clicking on "Listen Live" in the gray bar at the top.

---

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.

**Subscribe to the Message from Dr. Chet at [DrChet.com](http://DrChet.com) — © Chet Zelasko PhD LLC**