

The 30 Pound Club

Join at drchet.com

February 10, 2011 – Grand Rapids, MI

Why?

The New Year isn't so new anymore. We're about six weeks in, and this is about the time things get tough. The realization that losing weight is going to take more time than you'd hoped. The weather wreaking havoc with your exercise routine. The painful thought of one more salad, when you've really had enough salad for a while.

It's time to ask yourself *why*?

Why are you trying to get leaner? *Why* are you trying to get fit? Maybe you think the answer is obvious every time you look in the mirror: you weigh too much. Okay. But let me ask it another way. What do you see your life being after you reach your weight loss goal?

- What will you be wearing that you can't wear now?
- What will you be doing that you can't do now?
- Which medications might you be able to stop taking?
- Where will you be going that you avoid now?
- To whom do you want to flaunt your new body just to show them you could do it?

There are many more reasons that are pertinent to you and you alone. What are they? Do you have them written down? Do you have pictures to illustrate what you want? Or maybe don't want? We are about two weeks from that yogurt commercial with the woman and the bikini starting up all over again. If you don't know which one, you will if you watch any television. But her reason *why* is clear: wearing that bikini in the summer.

Here's the thing: your *why* has to be strong enough to pull you through the days when you just don't think you have it. You've heard the expression, "If the *why* is big enough, the *what* doesn't matter." That's more true than not.

So if you haven't done it, write down the reasons *why* you want to lose weight and get fit, include pictures if you have them, and look at it every morning and every night before you go to bed. If it's a bad day, pull it out and look at it to keep your focus. This won't last forever because someday soon you'll have achieved that body you've always wanted. Until then, you just have to keep reminding yourself *why* you're doing this.

One and Done.

What are you prepared to do today?

Dr. Chet

WGUV 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 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 — © Chet Zelasko PhD LLC