

# The 30 Pound Club

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March 10, 2011 – Grand Rapids, MI

## Sculpt Yourself

Maybe you think of yourself as having artistic tendencies, maybe not. But even if you don't, I think this is one project that you're going to be interested in. The medium? Your body. The tools? Eating less, moving more, eating according to your genes.

You've probably seen the picture of David on the right; Michelangelo's sculpture is one of the most famous in the world. The picture on the left has been passed around in emails as what happened to the piece of sculpture after traveling around the U.S. on tour. It's the same thing that happens to 70% of Americans: he got fat. (I'm sure someone has a copyright, but there were no names listed; so to whomever, I give you the photo credit.)



I put the overweight David first because that's where many of us are starting. But with focus, determination, and effort, we can chisel away the fat and come up with a pretty decent piece of art—maybe not quite like the David on the right, but good for where we are in life.

Never thought of yourself as a piece of art before? Why not? Who do you see more than yourself? I know you want to like what you see. I do and so does Paula; that's one of the reasons we joined a gym. When you work at home like we do, with our schedule constantly changing, we never quite get around to doing what we really want to do: take care of ourselves and sculpt our bodies. The sad fact is that when you can do something any time—like working out when you work at home—you end up never doing it; there's always "later" and some deadline that has to be met. That's why we're making it a priority to get to the gym together at least three days a week to work on our bodies, setting a schedule, and sticking to it.

Tap into your artistic side, gather the tools you need, set time aside to do it, and start sculpting your body. You don't have to join a gym or do anything fancy; it can be as simple as walking 30 to 60 minutes a day, but make the commitment and stick to it. Your goal is to do the reverse of what happened to David—go from pudgy to lean. Time to start sculpting.

One and Done.

What are you prepared to do today?

**Dr. Chet**



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