

# The 30 Pound Club

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March 17, 2011 – Grand Rapids, MI

## Right Turns

As I drove by a UPS truck the other day, the driver was making a left turn. That struck me as odd because UPS saves fuel by laying out their truck routes making only right turns. I guess it would be better to add “when possible” to the end of the prior statement. It got me to thinking how similar our strategy for weight loss and fitness should be. Let me explain.

In order to be successful eating less, we should try to make it easier for ourselves. We should buy only the foods that are included in the meal plan we choose to use and avoid buying foods that are tempting, thinking we can control ourselves. We all have those days when life decides to drop kick us out of our comfort zone. If we’ve used food as an escape—and I can tell you that I have—having the wrong foods around can be just too tempting. Make it a right turn by having available only the things you should have.

But sometimes, you’re going to be exposed to mass quantities of food or a celebration, such as today. Happy St. Patrick’s Day to everyone because today, everyone is Irish. Corned beef and cabbage with some green beer—you can make a right turn and stay away from places where those foods are going to be available. Or you can make a hard left and go to the party, control yourself like you know you should, and partake but not over-do.

The same right-turn strategy applies to exercise. If you keep your gym bag packed and in the hallway you have to walk through to get to the car, it’s more likely you’ll take your gear with you to work out. In perhaps a different way, a left turn approach to fitness can be beneficial; an example would be using interval training once in a while to get off a weight loss plateau or to increase your fitness level.

If we use the UPS strategy, we put the odds in our favor for losing weight and getting fit. Make rights when you can, but be prepared for those lefts when you come to them.

### Got Ideas?

I gave just a couple of examples of right-turn and left-turn approaches. Think about how you prepare to eat and exercise. Let me know what you do to put things in your favor. I’ll put them all in an upcoming 30 Pound Club message.

One and Done.

What are you prepared to do today?

*Dr. Chet*

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