

The 30 Pound Club

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“We’re So Lazy”—Your Responses

I asked and you delivered. Thanks to all of you who submitted your observations on “We’re so lazy...” I’ve used them all. Some are repeats or very close, so I’ve combined some. Please enjoy reading them and make sure you read my closing comments. Thanks, again, for your input.

We’re so lazy...

We can't return shopping carts to the cart corral one parking place over.

We zone out with TV rather than read something with depth or relate to the real people in our life.

We sit and search all around us for the remote instead of just getting up and changing the channel, CD, DVD, etc.

We ask our kids to look for the remote or ask them to change the channel if we can't find it.

We'll sit and watch something on TV that we don't even like because we can't find the remote and don't want to get up to look for it.

We use disposable paper plates instead of washing what's reusable.

We use "scrub-free" products instead of using elbow grease and scrubbing the dirt by hand.

We tie the dog to a post in the backyard instead of taking the dog for a walk.

Or better yet, we hire someone to walk the dog.

We buy authentic-looking fake houseplants instead of real ones we'd have to water. And we're thinking about doing that in the yard, too.

We ask another person to get us something instead of getting up and doing it ourselves.

Our automobiles are automatic instead of standard shift—and the windows and headlights better be automatic, too.

We use automatic car washes instead of washing the car ourselves.

We live three blocks from school and I still drive my six-year-old son to school.

We wait and wait and wait for the elevator rather than take the stairs.

We let the grass grow a little too tall before getting some exercise by mowing the lawn.

Our lawn is less than a half acre, but we really, really want a riding mower.

We'd rather walk around squirting the weeds than actually dig them up.

We take the car to buy a gallon of milk from the corner store but complain about the cost of gas.

We spend \$5 at Starbuck's rather than fix our own coffee.

We just upload photos to the computer and don't arrange them into albums.

We don't grow our own fruits and vegetables, even if we have room in our yard and we're retired.

We buy frozen vegetables rather than fresh vegetables we'd have to clean and peel and chop.

We eat ready-to-heat foods rather than cook them from scratch.

We order food delivery when the restaurant is a block away.

We use a golf cart rather than walk while playing golf.

If it says "hand wash," we don't buy it.

We keep pinning the little rip in the seam or taping the loose hem rather than haul out the sewing machine and fix it right.

We never get around to cleaning out the closet, even though there are clothes in there we haven't worn in this millennium.

We don't want to ruin our fancy running shoes by actually running anywhere in them.

And my number one choice: we call or text our spouse using our cell phones when we're in separate rooms of the house.

I hope you enjoyed these comments. After all, they came from you. And maybe you recognized yourself a time or two. But the purpose was to show you that these are areas where we're spending fewer calories than we could. Don't think that these few calories are important? Read this Saturday's Message on the latest research on calories in the workplace. It's a real eye opener.

One and Done.

What are you prepared to do today?

Dr. Chet

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