

# The 30 Pound Club

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June 30, 2011 – Grand Rapids, MI

## The Shadow

For most people, this is one long holiday weekend. Many people are off work starting Friday and don't go back until Tuesday or even Wednesday. It's also a time to get together with friends and family for a cookout or picnic. Maybe you're doing none of that, but you'll have some free time to spend with a friend or family member.

Here's what I want you to do: pick the slimmest person you know and find a way to spend a day with them. Then I just want you to observe what they eat. In some cases, they may just be present in the same place you are, and you can observe from afar. Want to take it a step further? Eat what they eat. Fill your plate the exact same way they do, order what they order if you go out to eat, and mimic what they eat. If they leave half a plate of food, so will you. You'll be their shadow.

At the end of the day, I want you to ask them whether that's the way they typically eat every day and whether it was unusual in any way. Ask them about their exercise habits; it's a holiday so they may not do what they would normally do, but you can ask what they typically would do.

The only thing I would not do is tell them what you're up to at the beginning of the day. They may change what they would do because they know you're interested and observing.

Why do this? How many self-help books have you read that tell you if you want to be successful, emulate what successful people do? If you want to get to a healthy weight and stay there, you have to do what thinner people do. One exception: no smoking. Other than that, you're on a mission to find out what works for the people who've done it.

Post what you find on Facebook in the 30 Pound Club group so we can all see how it went. There are five months left in the 30 Pound Club to earn your pin. I think this will help you stay on track.

One and Done.

What are you prepared to do today?

**Dr. Chet**

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