

# The 30 Pound Club

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## The Secret

In a recent e-mail, someone asked my opinion of a specific weight loss program. I checked it out, and it's much ado about nothing.

Here are the clues to decoding weight loss secrets. There are some phrases that are said with every weight loss program advertised, whether on the web or in infomercials. See if you recognize any:

- Based on secrets no one knows
- Easy
- Saves time
- You won't starve
- Being fat is not your fault
- The experts are wrong
- The experts don't know what I know

Did they sound familiar? Whether it's the latest miracle supplement, eating plan, or miraculous exercise program or gizmo, those phrases are straight from every infomercial that makes it to television as well as numerous websites. And they're your first clue that you're about to be exposed to a bunch of baloney.

The fact is there are no secrets. Whole grains don't increase belly fat. Ten minutes of exercise is a good start, but you're far from done—sorry, Tony. No exercise I know of helps you burn fat for 36 hours after you're done working out, with the exception of competing in a half or full marathon or the equivalent in swimming or cycling, and most people who do those don't need to worry about calories anyway. Nothing helps you melt fat without some effort. And whatever way you find to lose weight, it's not going to be one of those things you finish, then put away and forget about. You need to change your lifestyle for the rest of your life—unless you want to start gaining weight again and end up back where you started. You can be done with losing weight, but you'll never be done with living a healthier life. That's the real secret.

I know I sound like a broken record (for those of you who can remember what those were), but at the end of the day to lose weight, you have to eat less, eat right for your genes, and move more—for life.

One and Done.

What are you prepared to do today?

## 30 Pound Club on Facebook

BTW (by the way), 30 Pound Club is going strong on Facebook. Have you checked it out lately? Join and post.

**Dr. Chet**

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