

# The 30 Pound Club

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August 25, 2011 – Caseville, MI

## Two Comments

I enjoy getting feedback on your observations or what you've learned while part of the 30 Pound Club, and I'm going to share a couple with you today.

### Kids

You've heard the expression "Kids Say the Darndest Things." Art Linkletter made a career of that line by interviewing kids on his television show. On a recent trip, one of the attendees at a talk I gave shared what his youngster said to him.

His son said, "Some day I want to big, strong, and fat just like Daddy."

As you might expect, that was like a lightning bolt to Daddy. He's now a member of the 30 Pound Club because he intends to be the big, strong, lean daddy. Based on a recent email, he's right on track to get there.

Kids do say the darndest things. Question is what's going to come out of your child's or grandchild's mouth about how they perceive you? They have no filter, folks. Are you going to need that type of shock, or are you going to take control today?

### Sharing

A couple of weeks ago, I wrote about the research of Dr. Brian Wansink. Just before I wrote about it, I got an email from a long time friend who has dropped 20 pounds since the beginning of the year just by changing eating habits. One of the things he did was use smaller plates and smaller utensils as Dr. Wansink recommends.

But he also does one more thing: when they go out for meals, he and his wife share the meal. He eats about half as much, doesn't feel stuffed, and it costs a lot less. Paula and I do that as well most of the time. Most restaurants will split the meal and serve it individually. It's a great way to eat less while still having the fun of eating out.

### 30 Pound Club on Facebook

Frustrated? Need to vent? Check out the 30 Pound Club on Facebook and share your story with others facing the same challenges—join and post.

One and Done.

What are you prepared to do today?

***Dr. Chet***

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