

The 30 Pound Club

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As Good As It Gets

There's a scene in the Jack Nicholson movie *As Good As It Gets* that makes you stop and think. To a room full of patients waiting to see a psychiatrist, Nicholson's character Melvin Udall says, "What if this is as good as it gets?" You can imagine what their reactions are, but take it a step further.

What about you? At your current weight and fitness level, what if this is as good as it gets? You know your aches and pains carrying around the weight you are. You know what it's like to walk up a flight of stairs and have to wait to catch your breath. What if that was as good as it gets? And you know it won't get better unless you change your weight and fitness level.

What if you changed a couple of words in Melvin's original statement? What if you asked yourself, "I wonder how good it could be?" Think about what you could do without 30 pounds holding you down. Think about how much more easily you could move and how much fun it could be—think of the possibilities that would open up for you.

How good could it be? All it takes is a consistent effort every day. Eat less and eat better food. Find out which supplements you need and take them every day. Move more throughout your day. See your doctor regularly to stay on top of the changes in your body and make sure you're not taking more meds than you need as your body gets smaller and healthier.

There will be a day coming where you think back to this message and say, "I really can't believe how good it is!" The only question is how much longer you're going to wait until you make that happen.

One and Done.

What are you prepared to do today?

Dr. Chet

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