

The 30 Pound Club

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I Forgot!

If you've ever been a Steve Martin fan, you know one of his classic skits included the punch line "I forgot!" That was the catch-all phrase he used when he didn't do something important, like never paying taxes: "I forgot!"

Yesterday, I had one of the best runs I've had in a couple of years. When that happens, it makes me start to think, and I realized that I'd forgotten some things that are important to getting fit and losing weight:

- I forgot that breathing heavy is normal when you run. This year, when I started breathing heavy, I slowed down. I'm an exercise physiologist and I've been running for over 20 years—you'd think that's something I'd know without even thinking about it. But because my running has been so erratic for the past two years, I forgot how I sound when I run.
- I forgot that I can run faster. I haven't averaged under 10 minutes per mile for a run in over two years. That's not setting any speed records, but it's a pace I haven't seen in awhile and I forgot I could do it.
- I forgot how much easier running is when you weigh less. We're only seven days into the 100 Days Challenge but even after seven days, I'm a little lighter and it shows in my running.
- I forgot the natural sound of rhythmic breathing. When I run, I take two breaths in, one breath out; I'm not sure anyone else does that, maybe it's just me. Maybe I just break the breath into two parts, but I noticed the rhythm again.
- I forgot how the sense of accomplishment feels. Many of you who have earned your 30 Pound Club pins know. I'll bet that even more of you can remember the feeling when you fit into those slacks or that dress you haven't been able to wear in awhile, or when your weight finally dropped below a significant number like 200 or 150.

I don't know exactly what it is that you've forgotten from when you were leaner or fitter, but I can tell you one thing: if you think about it, you'll want that feeling again. Your weight is just a number on a scale; your waist size is a measurement using a tape measure; your pace walking, running, or cycling is just a number. But you may have forgotten how you felt when you reached that goal. Take a moment today, sit in a quiet place, and remember. If you can remember what it felt like, it can help you work to get the feeling back again and again until you get where you want to be.

One and Done.

What are you prepared to do today?

Dr. Chet

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