

The 30 Pound Club

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Have Fun

Sometimes I think that we take ourselves too seriously. We catch a glimpse of what we look like in the mirror, and it ruins our day. Why let it? If you're working at getting healthy and fit, it's going to take time. Some days are great and some not so much. But if you beat yourself up, you'll never move forward. Why? Because getting down on yourself leads to more eating, not less. When you have access to an unlimited supply of food, we try to fill up enough to stop the pain. And it might—until the next time you catch a glimpse in a mirror. Or your pants won't button. Or a shirt is too tight.

Life is to be enjoyed, and it's too short to continually beat yourself up. I know that from experience because I've done it my entire life. Maybe you need to go back to when you were young to learn what it's like to have fun. In the local mall, they have a play area for kids. It happens to be over-sized food that kids can crawl on, slide down, and crawl through. Kids aren't inhibited; they're selfish when you get right down to it. They want to play, and they don't care who's there or who's watching them. They just run, jump, and have fun.

I'm not suggesting that you start climbing on swing sets—unless that does it for you. But lighten up a little and have some fun. Go for a walk with a friend you haven't seen for awhile and gossip. You guys—meet your buddies at the mall and walk while you lie about how great your last match was, or the whopping fish you caught, or whatever. There are a million things that could be fun in the life of every reader. All I want you to do is pick one and do it.

For me? Fun was writing this message, because I often take things way too seriously. What's it going to be for you?

One and Done.

What are you prepared to do today?

Dr. Chet

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