

The 30 Pound Club

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November 24, 2011 – Grand Rapids, MI

A Thanksgiving Tip

Here we are at America's biggest eating holiday. How do you handle it?

Here's my suggestion: give yourself a moderate serving of everything that appeals to you and enjoy it thoroughly. Then rest. Sit and talk with everyone for 10 or 20 minutes. Then if you want another taste of anything, take a small serving and stop when you've had enough. And yes, have dessert. Then as the day wears on, snack on fresh fruit and vegetables whenever possible.

However you handle it, have a wonderful day, and then go easy the rest of the weekend. That's how you win at weight loss, no matter what's going on around you.

One and Done.

Happy Thanksgiving from Paula and me!

Dr. Chet

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