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Determination and Patience

See if you've ever faced this situation. You really want to lose weight and get fit. You do okay for a couple of days, but eating and exercise habits are easier to talk about changing than actually changing for good. On top of that, you don't see any changes on the scale or in the way your clothes fit. It's demoralizing, and you say to yourself, "What's the point?" So you blow off your workout and eat a big dinner and dessert, because it's going to take so long to get where you need to go, this one workout or meal isn't going to make that much difference.

Getting to your weight and fitness goals requires a constant state of determination, and it looks like you've misplaced yours.

Another scenario is putting on clothes and finding that they're getting too snug. If you don't do something, you're going to have to buy bigger clothes. You want to be smaller and you want it **now**, but your frustration is so intense, you just want to give up and go shopping—and then get a burger and a sundae.

Getting to your weight and fitness goals requires lots of patience, and it's not easy to hang onto.

Here's the thing: in order to get where you want to be, you have to find that delicate balance of determination and patience: determination to stick with the program no matter how slow the changes are, and patience to wait for the results to reveal themselves. Or maybe you'd call it being too stubborn to quit and having faith that your work will pay off. Whatever you call them, you need both to succeed.

The critical factor in all this, what keeps you going when the times get tough, is to remember where you want to be, whether it's your weight, your fitness level, your blood pressure, your ability to be more active, whatever. Use a picture, a saying, or write your goals on a piece of paper so you can read them regularly—whatever will remind you that your health goals are important, and that you're not willing to give up your quest for better health because of the frustration you might be feeling at the moment. As I've said before, losing weight and getting fit are simple—eat less, move more—but they're not easy.

What are you prepared to do today?

Webinar: Skin Inside and Out

Tomorrow I'll be sending out an invitation for the next webinar which covers everything about skin health. I get many questions about how to have healthier skin, what to do for various conditions such as eczema, as well as questions about the safety of ingredients in skin products. If you want healthier skin, look for the promo and sign up right away. Space will be limited.

Dr. Chet



Straight Talk on Health

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sunday in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org and clicking on "Listen Live" in the gray bar at the top.

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

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