



July 20, 2011 – Grand Rapids, MI

Gotta Have a Goal, Part 2

On Monday I wrote about a woman who aspired to be in the Guinness Book of World Records as the world's heaviest woman. It grossed out many of you but as I said, there are lessons to be learned. What I'm going to say in this message may surprise you.

What she's attempting to do is hard work. You see, in our minds, we just think slovenly and out-of-control eating. But that's not what she's doing—she's purposefully overeating every day. Most of us overeat because it's a habit, and we don't stop and think. For her, it's part of her dream.

Do you understand how much work that is for her? She's not eating what she really might like to eat; she has to select the foods that will help her pack on the pounds the fastest. At 15,000 calories a day, she has to eat constantly just to keep on schedule to weigh 1,000 pounds, and you know she's got to get really sick of eating occasionally. She's giving up all physical activity; first, it would use calories, and second, at over 700 pounds she can't move much. Day in, day out, her life revolves around her goal—and no matter how much we disagree with the merit of that goal, she's committed to it and doing the work to make it a reality.

You probably know where I'm going with this. We want to lose 30 pounds or run a 5K. Or maybe we want to eliminate the medication we take for our cholesterol or blood pressure. But you have to ask yourself this question: are you as committed to getting healthy and fit as this woman is to weighing 1,000 pounds? If not, why not? Again, you gotta have a goal and every day, ask yourself the question:

What are you prepared to do today?

Dr. Chet

WGUV FM 88.5/95.3 **npr** ***Straight Talk on Health***

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