



August 3, 2011 – Grand Rapids, MI

Mother of Perpetual Motion

On Monday I wrote about the perpetual-motion infant I sat next to on a flight. Today, I want to talk about the mom—she was in perpetual motion, too. The baby naturally wanted to grab just about everything in sight including my arm, magazine, and glasses. Almost every time, the mom anticipated the direction and was able to grab the baby's hand before contact. It also seemed she was able to pull the pacifier and snacks out of thin air. In reality, it was the backpack between her legs, but I never saw a movement toward the bag. The baby was fast, but Mom was faster.

The mom was lean. I know nothing about her other than what I've described, but I'm wagering that her muscles and fitness adapted to her new activity level at her present weight. Here's the thing: I get many questions about activity from moms who tell me that they spend all day chasing their kids and have no time to exercise. The problem is that no matter what body weight moms are, if they're maintaining the same weight while chasing those kids, they'll have to increase their activity to lose weight.

Or they have to eat less. One thing the mom on the plane didn't do was eat what her daughter did not; she threw it away. Finishing what kids don't eat is another habit that prevents weight loss for some moms.

The message? Having to be in perpetual motion because the kids are is no guarantee moms will lose weight. Moving more or eating less is the only solution.

What are you prepared to do today?

Dr. Chet

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