



September 21, 2011 – Grand Rapids, MI

Defense, Part 2

On Monday, I told you about the hummingbird that has declared the flowers on our deck to be hers; she defends them without fail whenever another hummingbird shows up. I also told you to calculate the pounds you've gained or lost from the beginning of the year, multiply by 3,500, then divide by 262. What was that all about?

Let's say that your weight has changed 5 pounds from January 1—doesn't matter up or down. That would be five times 3,500 or 17,500 and dividing by 262 would leave you with 67.

There are 3,500 calories in a pound of fat, and Monday was the 262nd day of the year; 67 calories per day in less food or more movement resulted in saying good-bye (or hello) to five pounds.

What if you choose to use 100 more calories per day or to take in 100 less—and to defend that cut unwaveringly? One less tablespoon of salad dressing, walking another 15 minutes a day, not putting cream in your coffee, eating one less slice of bread, jogging 10 more minutes a day—one of those or some combination, but doing it every day of the year. You wouldn't even notice it. That would be 10 pounds in one year; I'll leave the math up to you.

All you have to do is be like that hummingbird on my deck: defend those 100 calories daily, no matter what. It all depends on one thing every day:

What are you prepared to do today?

Dr. Chet

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