



September 28, 2011 – Grand Rapids, MI

Don't Quit

On Monday, I wrote about a mis-used statistic related to maintaining weight loss: 95% of the people who lose weight gain it back. Although widely quoted, it has never been proven. I think there are many of us who have lost, gained, lost, gained, and repeated that cycle often enough that it seems to be true. Maybe we just need a different approach.

The Buffalo Bills had lost to New England 15 consecutive times. Wow—this Bills fan has to stop and take a breath. A half-dozen quarterbacks and hundreds of players have played for the Bills in that time. Sunday they had a new combination on the field, and they won.

That's the critical thing for you and me. If you've tried something that doesn't work, think of Thomas Edison and his light bulb. Every time he failed, he said he'd found another way it didn't work. And that put him that much closer to finding the way that would.

The Bills didn't quit and neither did Edison. They kept at it until they got it right. As long as we don't quit, we can get as lean and fit as we want. We just have to ask ourselves every day:

What are you prepared to do today?

Dr. Chet

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