

# The 30 Pound Club

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February 2, 2012 – Grand Rapids, MI

## Burn Calories Watching TV

### Walk While You Watch

I just read an interesting study about walking in place while you watch television. Researchers checked the calories burned while at rest, sitting watching television, walking in place during the commercials while watching television, and walking at three miles an hour on a treadmill. The difference in just sitting watching for an hour and watching but walking in place during the commercials, averaged about 67 calories per person. Doesn't sound like much, does it? But do the math. Marching in place during the commercials for an hour a day, five days a week, 50 weeks a year instead of just sitting comes to almost five pounds worth of fat calories; if you do it for three hours a night—all of primetime—that's 15 pounds. The heavier you are, the more calories you burn while walking in place. Next time you watch TV, march in place during the commercials. No sweating. No gym. Just march. And if you want to spend part of that time on the treadmill or stationary bike, even better!

### New School Lunches

In spite of opposition from just about every food-related lobbying group, a new school lunch program will be implemented over the next three years. That means that a tablespoon of pizza sauce won't be considered a vegetable nor will ketchup on a bun. Green light on the green beans, cauliflower, and salad; low-fat options for milk and dressings. Maybe, just maybe, if we can get kids to start eating healthier at earlier ages we won't have the diabetes epidemic everyone seems to think is coming. Will the kids resist? Sure, but you can lead the way by serving them and yourself healthier choices at home. They're watching you, people. They're always watching.

### Like A Little Girl Update

Many of you responded to the message "Like A Little Girl" with stories of daughters and grandchildren who were just like that. I appreciate your comments. What I didn't know when I wrote that message was that a little girl just as determined as I described, who grew up to be a champion in her sport, had just died from an accident while practicing. Sarah Burke, a Winter X Games gold medalist in the super pipe died from a severe head injury after being in a coma for nine days. Every sport carries inherent risks, but that doesn't mean they should be avoided. She died from injuries doing what she absolutely loved, and in my book, that's a lot better than a lot of other ways to go. If I die running, I'm fine with that.

One and Done.

What are you prepared to do today?

**Dr. Chet**



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