

The 30 Pound Club

Join at drchet.com

May 16, 2010 – Ashland, KY

Road Trip

Traveling any distance presents a challenge. You're not in your element with a refrigerator full of the right types of food. (Your fridge is full of the right types of food, isn't it?) Because you want to make good travel time, it's going to be quick if you stop to eat, and we know that those quick stops don't always provide the best choices. The other factor is that sometimes we think we can pretty much do what we want—after all, traveling is hard and we deserve a break from our routine. We need all that fat from French fries and the cheese on burgers for energy, don't we?

Sound familiar? I've been there many times. Like I told the readers of the Message yesterday, Paula, Mom, Dad, and I are attending our nephew's wedding. Our strategy is to take some fruit and cheese to snack on. We'll stop to eat, but we know how to modify the foods to reduce the fat content. No French fries this time. Dessert? Well, that's another matter—share one dessert with enough people, and the impact is fairly small. Wedding cake is a tradition and one indulgence that shouldn't be avoided. I can safely predict that we weren't perfect, but we had a plan and we tried to stick to it.

The important thing is that you have a plan for how you're going to eat on the road. The one thing you don't want to do is leave it to chance. That's a recipe for weight gain. How did we do? I'll let you know on the Facebook wall of the 30 Pound Club Group later tonight after we get home. (If you're logged in to Facebook when you click the link, you'll go right to the Group's wall if you're a member and to the Group info page if you're not—and while you're there, you can request membership. If you're not already on Facebook, it's free and easy to join, and then you can participate in the Group discussion on the wall.)

What are you prepared to do today?

Dr. Chet



WGUV Straight Talk on Health

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sunday in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org and clicking on "Listen Live" in the gray bar at the top.

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

Subscribe to the Message from Dr. Chet at DrChet.com — © Chet Zelasko PhD LLC