

The 30 Pound Club

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May 23, 2010 – Omaha, NE

The Right Path

The wedding we attended last weekend was held in the city park in Ashland, Kentucky. We had to push Mom in her wheelchair from the parking area to the gazebo where the ceremony was taking place. I found a paved path that had a big handicapped sign painted on it that looked like it would go to the gazebo. It did. Mostly. It was about 150 feet short, so we had to push the wheelchair, through the grass, over roots, and to top it all, the ground was soft because of rain the previous day. But we made it. Once we got to the gazebo, we could see a paved path that led to another parking lot—only 150 feet away. Let's just say it was a whole lot easier leaving.

When it comes to losing weight, that's exactly what happens—we pick a path and quit looking for a better one. How many different eating plans have you tried over the years? The Atkins, Sugar Busters, low fat, low carb, Pritikin, even Nutrisystem? They seem okay for a while, but they're diets—they're not the way you want to eat forever. And it doesn't stop there. How many different exercise programs have you tried? Maybe you were one of the Body for Life people—very intense, but who can maintain it? Or maybe you like aerobics or jazzercise, but the instructors change or you get tired of the video, and then what?

The critical factor is that you don't quit trying. Every weight loss and exercise program works, but it has to be more than just a program you try for a little while. Can it fit into your life? Will it work given your lifestyle? Analyze everything in terms of what you can fit into your life, and what you're willing to do every day. Sure, life will interfere with a vacation or a change of seasons or a change in your schedule, but you find a way to make it fit because it's your lifestyle.

Some of you may be frustrated with your progress with five weeks to go—I know I am. But I also know this. I'll never quit trying. I've put some elements in place and I have more to do. I'm sure you're in the same boat. It's not easy changing habits that I've had for over 40 years, and it isn't easy for you either. But if you take the attitude that you'll never quit trying to find a way that works, you will find it. The attitude is sort of like the line from the movie *Galaxy Quest*: "Never give up. Never surrender!"

You'll find your right path. All you have to do is never give up. Never surrender.

What are you prepared to do today?

Dr. Chet

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