

The 30 Pound Club

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July 4, 2010 – London, Ontario

Independence Day

I hope you enjoy today no matter where you might be. As you can see from the dateline, I'm beginning my day in our sister country to the north—or here in your country if you're a Canadian reader.

Here are some thoughts about the first half of the year for the 30 Pound Club:

Many of you accomplished what you set out to do: you weigh less, you're fitter, your clothes fit better and are smaller sizes to boot. The most weight lost was over 50 pounds. That's fantastic.

Even more of us didn't accomplish our goals completely, but the overwhelming response that I got from you was that you weren't going to quit. You know the mistakes you've made just as I do, and you're going to go forward toward your goals.

Some of you are just joining us so you're fresh out of the gate. That's great as well.

I thought about having something that we could use as a reminder for when the times get tough—and they will. I thought about the theme from the movie *Rocky*, but while the music is motivating, Rocky lost the fight. That's not acceptable because we're not losing this fight, no matter how many rounds we have to go.

So I finally settled on a poem written by Charles Osgood. It was broadcast on the CBS Radio Network on January 4, 1993, about the 1992 Wild Card game between the Buffalo Bills and the then Houston Oilers. The poem took me years to find, but you can find it in the 30 Pound Club section of drchet.com. I chose it because Osgood talks about the Bills not quitting.

For those of you who never heard of it or don't remember, the Bills were down 28 to 3 at halftime, and moments into the second half the Oilers intercepted a pass and ran it in to make it 35 to 3. Many Bills fans left the stadium, because Western New York is miserably cold in January. Paula and I were Bills fans living in Buffalo at the time, and I'll admit I turned off the radio in frustration. However, my brilliant and patient wife (who is also my editor) convinced me to turn the radio back on to hear how the game ended, and we were able to hear most of what's still considered the NFL's greatest comeback. Back-up quarterback Frank Reich led the Bills to a 38 to 35 lead near the end of the fourth quarter, and the Oilers tied it with a field goal. Then in overtime, the Bills intercepted a pass and scored a field goal to win 41 to 38. The Bills went on to make the third of their four straight Super Bowl appearances.

At 28 points behind, I'm sure the Bills felt like quitting, and maybe that's how you feel if you didn't reach your goal. But even if you think you'll never lose weight, read the poem. Remember when I asked you to pick the smallest goal you could think of and do it for seven days at the end of June? Did you try it? Even if it's a goal for one day, set it and work toward achieving it no matter how small and insignificant you think it is. It will help you start your comeback.

Osgood also talks about the Oilers. They relaxed when they were so far ahead. That's relevant to all of us. Those who have succeeded can't relax because this is a lifestyle change and it has to be maintained. And those of you who made your goal face the challenge of maintaining your new weight and fitness. It can be hard to do when the excitement of losing weight fades and old habits beckon, but you just can't quit.

Here's the last part of the poem as a little tease to get you to adopt this as your mantra:

*For the contest's not over until it's all over,
And in life it is also the same.
Until it's all over, in mud or in clover,
You've got to keep playing your game.*

Declare your independence today: One and done.

What are you prepared to do today?

Dr. Chet

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