

The 30 Pound Club

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The Road

Flying lets you observe things from afar that you would never notice up close. As I flew home a few weeks ago and looked out the window, it was sort of hazy and I couldn't see the ground very clearly. As we continued, the clouds cleared. There are hundreds of towns, villages, and cities you see as you fly at 500 mph. Because it's so high, you can see the populated areas and the roads that lead into them. Most have two major roads that intersect in the middle of town. What struck me was that sometimes the roads were perfectly straight into and then out of town. Other times they seemed to wander all over the place before turning straight and intersecting in the middle of town. In some cases the north-south road was straight while the east-west road was winding. But they all became straight once they got to town.

As we progress toward our 30-pound weight loss, things can be hazy for awhile. We know we want to do it, but we just don't know which path to take. Or maybe we hope and wish instead of setting a goal and working toward it. Here's the thing: set a goal, pick a path—any path—and get started. Use the eat-25%-less plan we started the year with or pick a plan—any plan—and stick to it. For 30 days just do it as though it's your new life. You don't have to love it. You don't have to like it. You just have to do it for 30 days.

But as you do it, pay attention. Do you like eating broccoli? If you don't, like my friend Sharon, don't eat it. There are several hundred other vegetables, so it's not like you'll miss out—just find some cruciferous vegetable you can tolerate and make that part of your diet. Love starchy foods like bread, pasta, and potatoes, and find yourself eating too many of them or too often? Either measure and weigh them to limit the amount or eliminate them if you can't control it. I think it's better to measure and weigh; why try to avoid foods that you love? You have to control intake some day, so you might as well start right now.

Do that for the next 30 days. Pick a path and stick to it. Force the haze out of your head so you can begin to see the right road. This may be the start of a winding road that will cause you to change your approach many times. Or you may find exactly the way you need to eat for the rest of your life right out of the gate, and it will be straight and true to your new weight. It doesn't matter whether it's straight or whether it's winding. Our goal is to reach the center of town: a healthier, leaner, fitter you.

One and Done.

What are you prepared to do today?

Dr. Chet

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