

# The 30 Pound Club

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July 18, 2010 – Grand Rapids, MI

## Always Starting Over

Going out for a run the other day on a hot and humid morning, I wasn't looking forward to it, but I put on running shoes and just started. Soon I noticed was that it really wasn't as bad as I thought it would be. Because my running has been so inconsistent this year, I felt like I was always starting over, but this was my sixth run in eight days. By being consistent, my body finally started to adapt to the stress of running almost every day. I didn't have to face the cycle of muscle soreness, decreased stamina, and fatigue. I had run my way through that cycle.

The same holds true for sticking to an eating plan. The beginning is always the most difficult time. It can be exciting because it's new, but you have to figure out what to do with the time you have left because you're not spending as much time eating; or maybe you have to find the time to prepare meals instead of just grabbing something at the drive-thru. You love how your body doesn't feel weighed down while it digests the larger quantity of food you used to eat and your clothes feel a little looser and more comfortable. But your stomach keeps saying, "Feed me!" until you adapt to your new eating plan.

At various times this year, I've challenged you to stick to your plan—whatever it is—one time for a week and another for 30 days. The reason is to help you get through the cycle of starting over again. So I'm going to do it again. Including today, there are 14 days left in July. That's enough time to adapt to a new fitness regimen like the Spartan Workout or a new eating plan like eating 25% less by using a smaller plate. Or maybe you've picked a specific diet plan you want to follow but haven't quite committed to it yet.

The wait is over. Set a goal for the next two weeks and stick to it no matter what obstacles are in your way. If you can see exceptions coming—a birthday or cookout or business dinner—plan for it. What will you eat? How will you adapt your workout routine or eating plan around that event? Life will always present exceptions to your plans—any kind of plans. The successful person accepts that fact, adapts to it, and works around it.

Don't just fall off the plan for a day or two and then start over, because that just makes it harder to keep going. There's a heavy mental cost to pay when you're always starting over. Keep at it and get on the other side of the initiation cycle. There will always be challenges when you start eating better, eating less, and moving more. The biggest challenge is the one inside your skull—you know the one, that whiny little voice that helped you put on all those pounds and let your fitness slip away. Don't let it undermine you again. As soon as you read this, pick a goal and start.

When you hear that little voice, just tell yourself, "I can do this—One and Done!"

What are you prepared to do today?

**Dr. Chet**

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