



November 7, 2015 – Grand Rapids, MI

## Holiday Stretch: Your Way

Thank you for taking the time to respond to my question about how you're planning to keep the weight off during the holiday stretch. I think these strategies are terrific. The one thing they share is that everyone has thought about it and decided on a plan of action. Working the plan day to day will be a challenge, but those readers know what they will do. Read them all for ideas that you can put in your holiday stretch. Some readers wrote very extensive emails, and I thank you all for that; I read every one. I edited the messages only to focus on the major point. The rest of the writing is as they were written.

*Eat less and move more! The older my body gets, the easier the pounds arrive and more difficult to say goodbye. I'm going to retire and I have things to do!*

*I'm going to do three things this holiday season. First, make better choices. I enjoy the holiday eating. Two, minimize processed food. Making stuff from scratch. Three, increase the movement. I've restarted Spartan workout after summer yard project. I'm going to move more when I do eat a little more.*

*My plan is to avoid going too long between meals so that I don't overindulge and also drink plenty of water while limiting my portions.*

*I am going to limit myself to one dessert or "holiday drink" per event and limit my portion sizes. I will also be taking smaller sips/bites over a longer period of time.*

*I'm going to make it a "rule" to eat sitting down so that I am more conscious and intentional.*

*Fill out a Food Tracker every day and walk three times a week to take off nine more pounds between now and January 4th.*

*My husband and I have found activity trackers such as the Jawbone or Fitbit trackers have been indispensable to us in losing weight. We are a team and encourage one another's steps, weight loss, and eating choices.*

*Exercise more. Picking it up from 30 min/day to two miles/day walking. My joints can't handle running much, but I can walk fast and have entered a couple 5Ks to challenge myself.*

Finally, there are these two plans. I think it's why you need to examine your holiday stretch and write down solutions now. Eventually you evolve to the final recommendation. Both are brilliant!

*I wasn't going to respond, but then I realized if I write it down my accountability to follow through will go up.*

*I ask myself daily when faced with a choice: "What do you want most?" rather than "What do you want RIGHT NOW?" That has been my mantra and I'm sticking with it, holidays, New Year whenever!*



Before you leave this email, take a moment and read every reader response again. Take a few seconds to see if it could apply to your life. Jot down any thoughts you have so that you can think about them again. You will have

two choices. You'll either put together a plan or you will leave it to chance. Either way, put your notes in a place that you will be able to pick them up and read them on January 2. The words you most definitely don't want to say are: "If only I had..." Your body. Your choice.

What are you prepared to do today?

**Dr. Chet**

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