



September 8, 2009 – Grand Rapids, MI

## School Days

Labor Day is past. For children, they can't believe school started already. For parents, they couldn't believe summer lasted that long. For me, I'm just excited because when school begins, so do a lot of other things such as changing eating habits and starting to exercise. The weather is usually a little cooler and the excuses about what you can't do are fewer.

Focus on what you can do. You can fix healthier lunches for the kids and yourself. You can take your kids to sports activities and use the time for a walk or jog instead of just standing and watching. Better yet, take a dance class when your children are in gymnastics or martial arts practice. Oh yes. School days are my favorite time of year because it's all about what we can do.

School days also bring up less exciting topics, such as flu shots. Should you get one? And what else can you do to protect yourself from a flu epidemic? Get the info in my latest Research Updates:

- Flu Season: Reducing Your Risk
- Should I Get the H1N1 Flu Shot?

What are you prepared to do today?

**Dr. Chet**

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