

## It's Never Over

This is a message I hate to write, but it's an important one. This past weekend, both the Michigan State University Spartans and the Buffalo Bills managed to snatch defeat from the jaws of victory. I really hate to lose, and having both my favorite teams lose in the way they lost just about drives me nuts. They were both leading with very little time left in the game, and they made mistakes that gave the other team the opportunity to win. So what does this have to do with your health?

Plenty. Whether it's losing weight, exercising to get fitter, or lowering cholesterol by taking a supplement, too many people make the mistake of thinking, "Well, that's done--I can take it easy now." When it comes to your health and the habits you need to maintain it, it's not over. Once you get to where you need to be, it gets easier to maintain. But it's never over. If you relax, you could end up losing it all.

What are you prepared to do today?

***Dr. Chet***

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Omega-fatty acids are good for your health in so many ways. How good? I'll let you know the latest research on *Straight Talk on Health* at seven p.m. Sunday in the Eastern Time Zone on WGVU-FM 88.5 or 95.3.