



September 23, 2009 – Grand Rapids, MI

New Again

I've recently tried a different weight-training routine. I generally don't work my legs—mine are plenty big from running and what I dipped out of the gene pool, but there's no reason not to do some general strengthening exercises. Well, the first time I did them (lunges with moderate weights), I couldn't force myself to get up to walk with my father-in-law the next morning. I haven't been that sore in forever. It felt like someone shot me in the buttocks. It was the same muscles but used in a different way. Remember the song from the movie *All That Jazz* "Everything Old is New Again"? Well, these old muscles are being made new again.

When you begin to exercise, expect to be sore. The harder you workout, the more sore you'll be. But don't quit. Take an extra day to recover—it took me two days to be able to run again—but keep after it. Those muscles you haven't even thought of in a while just need to be used. It doesn't matter how old they are, you can make them new again.

Download Update

Within minutes of sending out the last message, the Payloadz servers crashed. It would be nice to think that it was because of the volume of orders for my CD, but they handle millions of audios a week so probably not. Some of you who purchased [Dr. Chet's Top Ten Tips](#) weren't able to download it. Let me know if you had problems, and I'll make it right. Because of the problem, I'm going to keep the download price at \$7.50 until the end of the week. You really want to start on the path to good health? Prove it. Start by saving 25% on my Top Ten Tips and get going.

What are you prepared to do today?

Dr. Chet

WGUV Straight Talk on Health

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sundays in the Eastern Time Zone on WGUV-FM 88.5 or 95.3.

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

Subscribe to the Message from Dr. Chet at DrChet.com — © Chet Zelasko PhD LLC