



October 14, 2009 – Grand Rapids, MI

Now

I want you to do 10 push-ups right now. Don't think—do.

If you have a problem doing the full push-ups, do push-ups from your knees. If you can't do those, do them against a wall. If you just had shoulder surgery, do 10 squats instead. Don't think. Act. Home. Office. I don't care. Just do them. Unless you're listening while you're driving because you downloaded the messages, do 10 push-ups.

What's the big deal? Simply this. If the first thing in your mind was why you couldn't do it, take some time to think about why that is. The emotional and psychological areas of health are not my area of expertise, but I know this: we'll make excuses about why we can't do something instead of just doing it. If we don't address that issue within ourselves, we'll be doomed to keeping the health we have. We'll find excuses to reject everything and anything that will help our health.

No more excuses. Do the push-ups right now as a symbol that those days are over.

What are you prepared to do today?

Dr. Chet

WGUV Straight Talk on Health

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