



October 26, 2009 – Grand Rapids, MI

Intimidated

I was walking through an airport Thursday and saw a young girl about nine spontaneously break into skipping. She was moving with her parents from one gate to the next and just decided skipping was the thing to do. No thought to her surroundings—didn't care what anyone else in a crowded airport thought. Just started skipping. The first thought in my head was that adults would never do that even if they wanted to. They would feel intimidated.

Sure, maybe a crowded airport isn't the place to start skipping or practicing yoga or doing some push-ups, but if there was room, why wouldn't you if that's what you wanted to do? This goes farther than an airport. You might not start a jogging program because you don't want your neighbors to see how out of shape you are. You might not go to a gym because there may be hardbodies there who will see what you can or cannot do.

If you're ever going to get fit and healthy, you have to stop being intimidated by your perception of what others think. Trust me—most people are not really concerned with anyone but themselves. The only person whose thoughts really count are yours.

Oops

In Saturday's message, both hot links went to the FDA website, and while I recommend you view the FDA's video, you also might have wanted to check out [The Vitamin and Mineral Hand-Scored Assessment](#)—it's an easy way to help you, your family, or your customers know which vitamins and minerals your body really needs. It's easy to use, only 31 questions, in an easy-to-use spreadsheet format. Based on the best of science, it can help you identify any nutritional deficiencies you may have.

So here again is the deal: The Vitamin and Mineral Hand-Scored Assessment sells in packages of 10 and 25, and you can order them now. But as an introductory offer—just so you try it—I'm offering two HSAs for only \$2.89; that includes the shipping and handling. I'm going to have this offer available from my Store page for only one week. If you read this message after October 31, 2009, sorry—the deal is gone.

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, or listen live via the internet by going to www.wgvu.org and clicking on the green "Streaming Live" box at the top.

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.

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