



October 28, 2009 – Grand Rapids, MI

How Many?

The message from a week ago, **Now**, drew more responses from you than anything I've written since the series on **Organics** in August and September. Many of you got down and did your 10 push-ups. Some, such as my sister-in-law Joy, had to overcome obstacles—the family puppy thought it was time to play and decided every time she pushed up, it was time for him to run underneath her. She got them done anyway: one push-up, scoot the puppy, repeat. But of all the responses I got, I want to share one with you from Jim, a long-time reader.

"I'll be 73 on 12-22-09 and four years ago I started doing push-ups and sit-ups every morning. I did 10 pushups and 15 sit-ups the first morning! I now do 170 pushups and 180 sit-ups each morning. I can't do all of them at one time." He went on to explain how he groups the push-ups and sit-ups with rest periods between, just like intervals.

He went on to say, "This set of exercises reduced my blood pressure and cholesterol sufficiently for my physician to take me off medications for both after only one year of exercise! At that time I was only doing a total of about 30 pushups and 50 sit-ups, so it doesn't take much to have a significant affect."

There's really nothing I can add except a single question:

What are you prepared to do today?

Dr. Chet

WGUV Straight Talk on Health

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