



November 4, 2009 – Grand Rapids, MI

Fun

Did you ever wonder if people will exercise more if they're having fun? A long-time reader sent me a link that answers that question. You have to watch it to believe it. As part of TheFunTheory.com project sponsored by Volkswagen, researchers videoed an escalator next to a set of stairs—virtually no one took the stairs. Overnight they wired the stairs to make sounds and made the stairs look like piano keys. The difference is astounding—to see it for yourself, copy this link: <http://www.youtube.com/watch?v=2lXh2n0aPyw>

I'm an old-school guy when it comes to exercise: simply put, you have to push yourself and the motivation should come from within, but not everyone is like that. Paula is never going to run because she has problems with her knees and feet, so running together is out, but ballroom dancing gets us to exercise while having fun. It's slower paced and set in interval format with songs usually three to four minutes long. For you, it might not be dance—it might be Wii Fitness or martial arts.

If you're resistant to traditional exercise, try picking something you can have fun doing. Inserting the fun may be just the thing you need to get moving and have a good time.

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 "Listen Live" in the gray bar 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.

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