



December 16, 2009 – Grand Rapids, MI

Retire?

Paula and I recently attended a financial planning meeting. In it, one of the presenters talked about her father who was worried about his finances, which were drastically affected by the stock market troubles last year. But here's the kicker: he was in his early 60s and had retired when he was 52.

Seriously? 52?

And it seems like the people retiring early are never people like farmworkers or coalminers or others whose jobs take a terrible toll on the body.

What are people who retire at 52 going to do for 30 or 40 years? They can expect to live another 30 years or longer. Just when they've got the experience and maturity to really contribute to society, they're going to quit? To live off the rest of us for 30 or more years?

There's more to do today than there ever has been. You may shift from working to volunteering. I think that's noble. Or start your own business, or go back to school to train for a new career, or take on a low-paying job that's what you really always wanted to do. But retire from life? We can't afford it—we need everyone contributing for this society to work. On top of that, we need everyone to be fitter and healthier than ever to get it all done and reduce our healthcare costs.

I'll keep doing what I do to help you get healthy and fit. Your responsibility is to put it to good use.

What are you prepared to do today?

Dr. Chet

WGUV Straight Talk on Health

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