



December 28, 2009 – Grand Rapids, MI

What You Have to Do

As I write this, the past 24 hours have been filled with a story about Urban Meyer, the football coach at the University of Florida. First, he resigned due to health reasons; then today, it changed to taking a leave of absence. Evidently he had been taken to the hospital several times for chest pains. At 45 years old, it was not cardiovascular disease as we might expect. He put himself under an enormous amount of stress, and combined with 20-hour workdays and a mitral valve prolapse, his body let him know that it was time to step back and get a new perspective on things. He loves his family and he wants to be there for them. But he also has over \$30 million left on his contract. Being dead won't allow him to collect, but taking better care of himself now will allow him to be there for his family and do what he loves to do—coach football. And, oh by the way, collect his salary.

How much money he makes is not the point. What's important is that he's willing to do what it takes to gain control of his body so that he can be a husband, a dad, and a coach. I have no doubt he'll get it done. But the lesson for the rest of us is clear: get rid of the weight to eliminate the potential for diabetes. Eat a better diet to reduce blood pressure and cholesterol. Exercise to get the heart fitter and reduce the risk of heart attack. Just approach your life the same way Meyer is: do what you have to do to get to do what you want to do. It all starts with a single question:

What are you prepared to do today?

Dr. Chet

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