



December 30, 2009 – Grand Rapids, MI

What I Wish I'd Said

Once I send a message, it's out there; you may delete the e-mail, but the message lives on in the archives of my website. In reflecting with Paula about the past year, there are a few things that we wished we'd added. Notice how that changed from I to we. Paula is my editor as well as my wife; she takes some of my longest run-on sentences that don't seem to get to the point and makes them read well. Along with correcting the spelling, grammar, and punctuation, she has an uncanny ability to understand what I meant to say and make sure it's in there. She's also the one who says, "What's your point?" If you read what I write, understand that Paula plays a big role in that. So here are a couple of things we wish we'd said.

Retired

In this message from a couple of weeks ago, there are two things we wish we'd added. First, people who joined the military, got their 20 years in, and got out, certainly deserve to retire young if they want to—20 years is long enough to put your life on the line for the rest of us. I think serving your country is an exception to the rule against retiring too young. Most ex-military people go on to other careers rather than retiring to the recliner, but that public service should be rewarded. I'd also extend that to other people who risk their lives for their fellow citizens, such as police and firefighters.

Second, I can't believe I forgot to talk about my father-in-law. As he tells it, he retired from a long career as a mechanic and flunked—he got another job as the maintenance man for a hotel and worked another 10 years before retiring for good at 75. More people should flunk retirement like Dad did.

Instruction

This was the message about getting some professional instruction when taking up a sport or activity. If you've gotten cash or gift cards for Christmas, purchasing that instruction is a great use for that money, whether you get books, videos, or the services of a personal trainer or nutritionist.

Accountability

Pick any message I wrote about weight loss, and I should have talked about joining a group such as Weight Watchers to hold yourself accountable. Well, I'm going to solve that one myself. Make sure you read the special New Years Day message—if you've got weight to lose, you don't want to miss it.

Where Did the End of the Message Come From?

There are so many new readers that many of you have asked how I came up with my tagline, "What are you prepared to do today?" I love movies, and the line comes from the movie *The Untouchables* with Kevin Costner playing FBI agent Eliot Ness and Sean Connery playing a Chicago cop. Connery asks Costner, "What are you prepared to do?" to get Al Capone, the Chicago mobster. That's where it originally came from and last year I added "today" to it with Paula's recommendation. Will I keep it next year? Again, read the Message on January 1. Have a safe and Happy New Year!

What are you prepared to do today?

Dr. Chet



WGUV Straight Talk on Health

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