

The 30 Pound Club

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February 14, 2009 – Grand Rapids, MI

Valentine's Day

Today is the day we celebrate our relationship with the person we care about most. Flowers, chocolate, romantic dinners. Red hearts are the symbol of this day, but there's more symbolism to the red heart than just Valentine's Day—it's also a symbol of good health. The red heart is a healthy heart because blood is flowing to all areas and it's working just fine.

Staying focused on losing weight and getting fit is tough. But why are you working at it? To look better? Sure—vanity is a strong motivator. To possibly live longer? I would hope so. It's especially great to be living longer when you have someone to share your life with. Whomever you consider your Valentine can be part of that motivation. And if you haven't found yours yet, it's just a matter of time. As my mother-in-law has always said, "There's a lid for every pot." If you're still looking for your Valentine, think about how much more you'll have to offer that person when you're the new, healthier you.

As you celebrate Valentine's Day with your loved one, think about that red heart and what it means. Then cut out a red heart and paste it to your contract so that when you read it, you'll see it. It just might be the edge you need to keep going.

What are you prepared to do today?

Dr. Chet

WGUVU Straight Talk on Health

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