



January 6, 2010 – Grand Rapids, MI

Exercise

In Monday's message, I told you to talk to your physicians about losing 30 pounds. While I didn't tell you to ask them about exercise, I'll bet that if you talked to them, they asked you about exercise. If they want to check your blood pressure or EKG before you start, it's a good idea because that gives you a baseline. But some of you didn't call after Monday's message, did you? I'm asking you to do it this time—read the **Partners** message from Monday again.

Based on your e-mails, some of you are already in the gym or on the bike exercising. Fantastic! For those of you who haven't started yet, I'd like you to get 10 minutes of activity that you don't typically do—right now. Take a 10-minute walk at work. Put in a CD of some lively music and start to dance a little. Get on the elliptical trainer that's in the guest room—just put away the clothes hanging on it first. It doesn't matter what you do, just do something for 10 minutes.

For those of you who like to hurt yourself to prove that you're exercising, I'll take care of you in future messages. But think long term, not just for this month: what are you going to keep doing after you lose weight?

There's no more off time. This is a lifestyle you're building and you're going to do it in order. So get at least 10 minutes a day of movement that you're currently not doing. Start exercising today—right after you call your doctor.

What are you prepared to do today?

Dr. Chet

WGUV Straight Talk on Health

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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.

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