



February 10, 2010 – Grand Rapids, MI

Innovate

Monday's message introduced a slightly altered movie line: "Adapt. Innovate. Improvise. Overcome." Today's word is *innovate*, and a great example comes directly from a reader who's a member of The 30 Pound Club. He has a lot of weight to lose and wanted to get his heart rate higher so he could burn more calories. Jogging or running, whether outdoors or a fitness club, is not an option he has right now. So he went to his local home-repair megastore, bought \$5-worth of lumber from the discard pile, went home and built himself a step. Instead of watching television, he now steps for an hour. His heart rate goes up and he's burning more calories than just sitting on the sofa. That's an excellent example of innovation. He knew the issues that limited him, thought about it, and came up with unique way of solving the problem.

Innovation is the hot idea in business today; everyone is trying to find new ways of doing things, even old things. Weight loss is simple in what it requires: eat less, eat better, move more. Your challenge right now is applying those concepts in a way that works in your life—maybe it's as simple as building a step or eating 20% less. All you have to do is refuse to take no for an answer; if you keep thinking and looking, there's a way for you to incorporate those concepts in your life. Innovate.

What are you prepared to do today?

Dr. Chet

WGUV Straight Talk on Health

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sunday in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org and clicking on "Listen Live" in the gray bar at the top.

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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