



February 15, 2010 – Grand Rapids, MI

Improvise

We're continuing with the theme from the modified movie quote, "Adapt. Innovate. Improvise. Overcome." It's time to talk about *improvise*. The simplest way to explain this is having to deal with a change in the situation you expected. In other words, you roll with the punches.

That happens a lot when you're trying to change your life—move more and eat less. You expect to have baked chicken breasts with salad for dinner, but the chicken spoiled, and now you have salad fixings but no protein with the meal. Or you leave home early enough to stop at the health club and work out before work, but there's an accident en route and you barely make it to work on time. The path of least resistance is to order takeout or skip the workout for that day.

I'll give you an example I faced recently. I did a hard run one day. Typically, I would take a day off running and do strength training the next day, but there was a snowstorm forecast in two days which would affect traction. So I decided to run the next morning before the snow started. It was tough, but the traction was good and I lifted the following day.

Another example: when Paula had her foot surgery, we knew she wouldn't be dancing for several months. But her dance instructor looked at what she could do and designed her lessons around that, including exercises she could do at home, and the work she did then continues to pay off now. Sure, you might say, when you're getting paid, the motivation to improvise is high. But you're working hard to develop a new lifestyle—isn't that kind of like paying for the better health you're going to have?

Improvise. Boil some eggs and chop them into your salad. Go for a walk at lunch or after work at your child's soccer practice. Just refuse to say no. This is your new lifestyle and life is going to present challenges. Improvise your way to a solution.

What are you prepared to do today?

Dr. Chet

WGUV Straight Talk on Health

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