



February 17, 2010 – Grand Rapids, MI

Overcome

Today I'm finishing the theme from the movie quote adapted from *Heartbreak Ridge*: "Adapt. Innovate. Improvise. Overcome." Today's word is *overcome*. Really, it's the culmination of the first three. If you adapt to the situations you face, if you find ways to come up with innovative solutions, and if you improvise when you're faced with unexpected situations, you will overcome. The critical factor is never accepting defeat.

Look, this is not a game you're playing where there are specific rules to follow, officials who call fouls, or a time limit. This is your life we're talking about here, and you can't allow yourself to give up. Sure, any single meal or any single workout is not critical to your life-long health goals. But it's really more about attitude, isn't it?

The words *no* and *can't* don't exist for you anymore—at least when it comes to your new lifestyle. You'll find a way to make it happen. You'll adapt. You'll innovate. You'll improvise and you *will* overcome. I think the side benefit will be that you'll find that attitude starts working in the rest of your life as well. How cool will that be?

What are you prepared to do today?

Dr. Chet

WGUV Straight Talk on Health

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