



March 10, 2010 – Somewhere Over Mid-America

3:27 a.m.

I'm on a red-eye from LA to Detroit. I really don't like to take these flights because I don't sleep well on planes—that's why I'm writing this message. But I'm getting sleepy and before my day ends, I want to give you this observation. When you wake up, it's a new day; you have another day to do it right.

What does that mean? Just this—what challenge have you been facing?

- Have you been eating more than you want? Well, you haven't done that so far today.
- Have you missed working out? You haven't skipped your workout yet and if you have, you can make up for it later in the day.
- Have you been forgetting your supplements? It hasn't happened yet today—but put them in plain sight where you won't forget them, just to be sure.

The thing is that when you wake up in the morning, it's a new day and you can do with it what you please. No matter what you've done the day before, right or wrong, you start again—a clean slate.

It doesn't matter where you've been, it only matters where you're going. That's in your hands at 3:27 a.m. or whenever your alarm goes off. What you do with this day is up to you. You are in charge of you. Isn't that cool?

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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