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Inspire

Have you ever been inspired by someone's story of success at losing weight and getting fit? Believe me, that does more for people than any scientific study I can explain. So here's the thing: to whom are you going to tell your story? If you're losing weight, you should share it. You might not be completely done yet, but you have a story to tell. That story is going to help someone else. It might just give them the confidence they need to say, "If they could do it, so can I."

There are many ways to share your story—in person, through email, or my favorite, the 30 Pound Club Group on Facebook. Just log on, find the 30 Pound Club Group, request membership, and start sharing.

You don't have to wait until you're done—that could take the rest of the year. How many people will lose their chance because you didn't think you're ready to share? You're ready right now—down five pounds or 25 pounds. You could inspire someone else today. Are you going to keep it to yourself, or let someone know what you've done? You really are ready to inspire someone today.

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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