



March 24, 2010 – Grand Rapids, MI

Medal Contention

I read an interesting story about Evan Lysachek, the Gold Medal Winner in Men's Skating in the recent Winter Olympic Games and now a promising competitor on *Dancing with the Stars*. After the short program in Vancouver, he was in second place. It dawned on him that he was really in medal contention. His coach, Frank Carroll, who's seen many great skaters just miss the gold in his 46 years of coaching, gave him a few words to ponder: "Listen, you could do your best tonight, and it still might not be the best overall. But that doesn't change your job. Your job is to do every step of your program to the best of your ability, just like you do in practice. That's all you need to think about."

When you're trying to lose weight and get fit, sometimes the distance to your goal seems overwhelming. Reaching your goal? Medal contention? No—you just want to see if you can get through the day.

Keep the coach's words in mind: your job is simply to try to the best of your ability—make the best choice you can right now, whether it's skipping seconds even though you're still hungry or doing your workout even though you're really tired. That's all you have to think about. Maybe reaching your goal won't fit a specific time frame, and maybe you'll have to modify your goal. But as long as you keep giving it your best, you are in medal contention because if you continue to perform, you will win gold for yourself and your body.

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.

Subscribe to the Message from Dr. Chet at DrChet.com — © Chet Zelasko PhD LLC