



March 29, 2010 – Grand Rapids, MI

What Would You Do?

Do you remember the commercial for the Klondike Bar ice cream bar? The jingle went, "What would you do for a Klondike Bar?" Then it showed people doing every thing from clucking like a chicken to playing patty-cake. It got me thinking: what would you do for the body you've always wanted to have?

- Would you take a walk before work?
- Would you replace mayonnaise with mustard?
- Would you take the stairs every chance you got?
- Would you use a salad plate instead of a dinner plate?
- Would you cook healthier meals even if the rest of the family complains?

What would you do for the body weight and fitness you've always wanted? It all depends on one thing:

What are you prepared to do today?

Dr. Chet

WGUV Straight Talk on Health

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