



March 31, 2010 – Grand Rapids, MI

First Quarter

Today is the end of the first quarter of the year and halfway through our six-month time frame for reaching our health goals. It's time to evaluate what you've accomplished so far.

- How have you done with your weight loss goal? On track or derailed?
- How about your fitness? Moving forward or backtracking?
- How are you doing on improving your overall health? Is your cholesterol down, or your blood sugar under control, or whatever your goal was?

Today is the day to evaluate what you've done so you can set goals for the second quarter.

Don't be too hard on yourself if you haven't quite stayed on track. You're working to change your lifestyle, and that's not easy. Paula and I have had our successes and failures as well. But here's the thing: quitting is not allowed. You're not getting away with saying to yourself, "You know, I'm really not so bad. I can't do everything I want, and I don't look the way I want, but I'm okay!" No way. Not this time. That's what has happened every year, and the goal for the 30 Pound Club and your health in general is One and Done. So while you don't want to be hard on yourself, neither will you let yourself off the hook.

Evaluate where you are and set goals for the next quarter. For those of you who started the first of the year to lose 30 pounds, your goal is clear. If it was to run a 5K or lower your blood pressure without medication, you know what you have to do. So set your goals and get about doing it.

The embarrassment isn't in failing—it's in not trying again.

What are you prepared to do today?

Dr. Chet

P.S. Starting tomorrow, I'll be sending you one or two promotional e-mails every month; all the information you get from me in Messages and other health info will continue to be free, but I need to pay the bills just like you do. The products I offer have one goal: to help you, your family, and your friends get healthier. So keep an eye out for a very special offer tomorrow—no foolin'.

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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