



April 19, 2010 – Grand Rapids, MI

No “Tomorrow”

This past Saturday, I ran nine miles on a nice, cool, breezy day in Kansas City. Sounds great, doesn't it? But I spent all morning trying to talk myself out of it. It was too cool. It was too windy. I'll run on a treadmill instead. I really didn't know where I was going—even after checking my book *Traveling on the Run*. Then when I actually went outside, my GPS watch couldn't find a satellite. Then it found one, and I gave up my last excuse. It ended up being a great run around the World War I Veterans Park.

Paula and I have talked ourselves out of exercise before dancing as well. There's a class we want to take, but we're tired, and—well, you get the picture. Almost always, one of us hangs tough and we end up going—that's the benefit of having an exercise partner. And it turns out that we gain some energy as we dance, and we end up actually feeling better as well as knowing some new steps.

Being tired before you begin makes it easier to say, “Tomorrow.” No more. Unless you're injured or sick, there's no more “tomorrow”—there's only today.

Today is the only day you know for certain you have. You can run through all your excuses like I did. Okay, are you done whining? Then put on your workout clothes and get moving. You don't have to like it—you just have to do it. You'll find that once you're into it, it's a whole lot better than you thought it would be. Even if it isn't, you'll have done what you need to do to get the job done, and there's a lot of satisfaction in that. You've reinforced your control over your own body and your destiny, and you're one step closer to your health goals.

What are you prepared to do today?

Dr. Chet

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