



May 5, 2010—Grand Rapids, MI

## Plan to Party

We love to party and have fun in the United States—even when it's technically not our holiday like today's Cinco de Mayo. Every restaurant I've seen is having a party to celebrate it. Before that it was the National Football League Draft—a three-day event—and this weekend it's Mother's Day. The NBA Championships. Memorial Day. On and on. I think it's a great idea to celebrate every event if you're so inclined. We just have to remember that any special event that involves the consumption of food and alcohol can keep us from our weight loss and fitness goals.

If you're going to celebrate today or any day, think about what you're going to do in advance and stick to it. If you've saved calories yesterday or earlier today and want to spend them today, go for it. If you haven't, make up for it tomorrow. If you've increased your workouts in anticipation of it, great. All I'm asking you to do is plan—don't leave it to chance. Remember—one and done. The way you get there is to plan to get there. Plan to party today or any day, and you'll get there.

What are you prepared to do today?

*Dr. Chet*

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