



May 19, 2010 – Grand Rapids, MI

Construction Zone

As we were driving to our nephew's wedding last weekend, we drove through some highway construction—like that's unusual. But in this case, they were completely tearing up the concrete base to build the new road. I saw one excavator with a jackhammer working a stretch of highway that would end up being miles long. They were just starting. How much could they do in a day? A football field—100 yards? It would take a long time to finish, but they just kept plodding along, one section at a time. It will eventually get done.

When you look at losing weight and getting fit, it's the same way. You're in the middle of a construction zone—you're constructing a better body and a brighter future. The road is long and you really can't do much in a given day, but if you keep plodding along, day after day, you'll get it done. You'll build a foundation that will take you all the way to the weight and fitness level you've always wanted. Just keep thinking of where you want to be. You'll get there.

And when you drive through a construction zone, say to yourself, "Yes—me, too."

What are you prepared to do today?

Dr. Chet

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