



May 26, 2010 – Grand Rapids, MI

## Stats Rule

Nobody loves statistics the way baseball fans do. I loosely follow the Yankees and happened to read this about Alex Rodriguez after he hit a Grand Slam: "It was just the 15th time in Rodriguez's career a batter was intentionally walked to load the bases for him, according to STATS LLC." Are you kidding me? But knowing that type of information is important to managers to be able to decide what to do.

Do you know what you ate on May 26, 2009? Do you know what you did for exercise that day? That's only a year ago.

You may be wondering why I ask. It's because stats rule. For example, did you ever have a week where you sailed through it without any effort and you lost weight? Or how about the opposite? You thought you did everything right, but you didn't make progress.

If you didn't keep track, how do you know what you did? Keeping those kinds of statistics on yourself would be as exciting as watching paint dry, but it may be exactly what you need to find out what does and doesn't work for you in getting healthy and fit. Not what works for me. Not for anyone else. You. Stats rule in baseball. Maybe they'll rule for you as well.

What are you prepared to do today?

*Dr. Chet*

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