



June 3, 2010 – Grand Rapids, MI

A Day Off

Holidays are great but when they intrude into the work week, it throws things off. It did me—I thought Tuesday was Monday, and I wouldn't have to write anything for another day. Paula forgot, too. I remembered late Tuesday night—and that's why you got this message a day off. Just because I finally remembered didn't mean it could all get done in time.

The same thing can happen with your health plan. Depending on how you did with your meal plan, exercise, even your supplementation regimen over a three-day weekend, too much free time throws your routine off. It can take a long time to get it back, so here's a challenge. Get back to your routine today—even if it's mostly over. Your health is important 365 days a year. There are really no days off.

What are you prepared to do today?

Dr. Chet

WGVU FM 88.5/95.3 **npr** *Straight Talk on Health*

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