



June 23, 2010 – Grand Rapids, MI

One Percent

As I was making an appointment with a guest to be on *Straight Talk on Health*, the radio show I do on the NPR station here in Grand Rapids, I told her I was 99% sure it would work out, but I had to check with Rick, my producer, to make sure he was available. It was the same time we've recorded the show for a couple of years, so I anticipated no problems. Then Rick emailed me back to say that day was no good because his wife was having labor induced. I estimated a 1% chance that he had another commitment, and it happened. You can't argue with a baby.

As the first half of the year draws to a close and your 30-pound weight loss seems out of reach, you may be feeling hopeless—what's the point? You've tried, but you just can't get your head in the game long enough to lose weight and get fit.

Here's the thing: As long as you cling to that 1% chance of succeeding, you've got a place to start. Finish this last week with a simple goal to reach. Walk every day. Take your supplements on schedule. Skip dinner, but eat dessert—because life is too short to skip dessert every single time. It doesn't matter how simple or complex the goal is; set a seven-day goal and do it. If you can do that, no matter how little you believe in your ability to lose weight, it's a start for the second half of the year.

One and done.

What are you prepared to do today?

Dr. Chet

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

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sunday in the Eastern Time Zone on WGVU-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org and clicking on "Listen Live" in the gray bar at the top.

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

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