



August 16, 2010 – Grand Rapids, MI

Parrotheads

This past weekend, Paula and I spent time with our son Matthew and his wife Kerri in Oak Brook, Illinois. Matthew and Kerri and their closest friends are huge Jimmy Buffett fans, and Paula and I have been saying for years that we need to go to a concert and see what the excitement's all about. This year they had extra tickets, so we decided this was the time to do it. In short, it was great; Paula and I are now officially Parrotheads. This is not like going to see your typical concert—it's one really big party, an event with its own dress code and language. It starts with all-day tailgating and ends with a concert where nobody sits.

I have many observations to share, but the most important one is that it feels good to lose yourself in something else for a few hours. We all get so focused on business or fitness that we forget to stop and have some fun. Well, this was fun with family, friends, and 27,000 other Parrotheads. Part of being healthy is knowing how to relax. Whether it's this type of event or something else, some days you have to lose yourself to find your direction. I recommend you try it. Fins up, Parrotheads!

What are you prepared to do today?

Dr. Chet

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