



October 20, 2010 – Summerville, SC

Habit 2

All over the world--yes, the message is international--people are wondering: why did Dr. Chet have me do those things? You've responded and sent in many responses. You got the immediate action. You got the importance of writing it down. What no one was able to figure out: what was the habit I was looking for? It was to find out the answer to this question: which foot did you start with in each case? Maybe you'll have to start walking or go up or down the stairs again to find out, but every time you start walking or begin to go up or down a flight of stairs, you start with the same foot--every time unless it's an unusual situation.

Here's the thing: if you stop and intentionally start with the opposite foot, it's no big deal. It won't affect anything in your ability to walk or climb stairs. If you always want to start with the opposite foot, you'll have to think about it every time you start walking until you make it happen automatically. Once you do, it will be a habit.

Pull out the note to yourself with the health habit you want to change. You've done two of the things you need to do to make a new habit: you decided what it was, and you wrote it down. Now read it every day, as often as you need to read it, to remind yourself what you want to do. You keep doing that until you don't have to think about it anymore, and that habit is yours.

What are you prepared to do today?™

Dr. Chet

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

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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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