



October 27, 2010 – Grand Rapids, MI

To Do What?

Monday's message on the retirement age didn't really get to the crux of the issue. Several months ago, I talked about a couple who had retired in their 50s and when the economy nose-dived, they were worried about what they were going to have to give up to maintain their lifestyle. I don't fit into that category, and I'm sure most of you don't either. But whether it's that couple who retired very early or those who retire at the normal age of 65, my question is simple: retire to do what?

Do see yourself going to get free coffee at McDonalds every day and talking with friends? Wandering the supermarket when they have food samples? Playing golf? I think some of that is fine but once we're over 60, we should have obtained some wisdom; just when it could be put to good use, we retire. That doesn't make any sense to me.

We have many serious issues that need to be addressed. We need to keep working to solve them—especially when we finally know what we're talking about. It may not be in the same job or business that we've been in, but maybe it's just a matter of downshifting to a less rigorous job or schedule. Starting a new career or business might keep us active and alive for many years.

However, I think it goes back to what I said on Monday. Our choice to retire or keep going really comes down to the condition of our bodies. If we're lean and fit, it's probably a lot easier to want to continue. If we're overweight, diabetic, hypertensive with high cholesterol—well, that's a drag at any age. Who would want to work?

I'm for getting all of us lean and fit, and then deciding we want to continue working because life will be a blast. I hope you'll join me.

What are prepared to do today?™

Dr. Chet

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