



November 29, 2010 – Grand Rapids, MI

Anything

The last month of the year is rapidly approaching. For some, it's the home stretch on the road to reaching the health goals you set. Congratulations!

For others—me included—it's a critical time. We either pack it in and say I'll do better next year, or we set a goal or two and see what we can accomplish before the New Year. Really, it's the attitude that's the critical factor. If you bag it for this year, chances are you'll do the same thing next year. But if you draw a line in the sand—or the snow, depending on where you live—and say I can do this one thing, it sets up your attitude for next year. Like the 1,000,000 steps challenge I issued.

How about you? Would you like to be able to do 50 consecutive push-ups? Get control of your appetite and lose 10 pounds and maybe more? Remember to take your supplements every day? Get more flexible so you can actually touch your toes? Starting Wednesday, you have 31 days to finish the year strong. It doesn't matter what you haven't done. You have 31 days to develop the attitude that will transform your body in 2011. Take the next couple of days and set some health goals for December. Figure out what you have to do to put it into action and on Wednesday, from the second your feet hit the floor, get moving.

You have every excuse in the world at your disposal not to do it. The weather. The parties. Traveling for the holidays. Family visiting. The dog ate your pedometer. Those are all valid excuses. You need only one reason to go forward and accomplish anything: you want to. It all depends on what you ask yourself every morning when you wake up: what am I prepared to do today? So, I'm asking you:

What are you prepared to do today?™

Dr. Chet

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