



December 1, 2010 – Grand Rapids, MI

## Undecided?

For those of you who decided to achieve one or more health goals in December, I've got just one word: go!

For those of you still thinking about it—I'm sure no one just dismissed the idea—I've got some suggestions. These are easy but meaningful ways to improve your health before 2011 hits, and you won't have to change your clothes or buy any equipment.

**Guard against bad breath, gingivitis, and even heart disease.** Floss your teeth every night before brushing.

**Strengthen your feet.** Start by doing 10 heel raises three times a day, and work up to 20. To do a heel raise, stand with your feet parallel, not toed out, and go up on your tiptoes. When you get up to 20 at a time, start doing them on one foot. Surely I don't have to point out that you can do these while you do many other things—talk on the phone, brush your hair, fold laundry, whatever.

**Improve your diet.** Especially with all the parties and get-togethers this month, make an extra effort to eat healthier when you can. Stock the fridge with fresh fruit and vegetables and lean meat, order a soup and salad when you eat out, keep healthy snacks on hand at home and at work. Get sugar-free gum or hard candy to get you through a hunger emergency.

**Work on your posture.** You won't only look better, you'll feel better when everything is aligned properly. Here's the drill: sternum up, shoulders relaxed, navel tucked in. Remind yourself frequently until it becomes a habit. You're gonna like the way you look, as the man says on TV.

See? Better health doesn't have to be a big project that requires rearranging your schedule. Sometimes little changes can make a big difference. Pick one and get started.

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](http://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.

Subscribe to the Message from Dr. Chet at [DrChet.com](http://DrChet.com) — © Chet Zelasko PhD LLC