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Prepare

Today I want to cover another area that can help us be successful in achieving our health goals in 2011. Some of you may be *Survivor* fans. In this latest season, someone did something that seemed obvious but no one had ever talked about before: she prepared herself for the lack of food before she left for the reality show. Jane Bright under-ate for 39 days to get her body used to being without food. (She also made sure she knew how to start a fire, but that's another issue.) That makes so much sense. Taking it another step would be to try doing the types of physical challenges on the show while under-eating.

Here's another example. Before leaving for Naval service, our son Matthew ran every day to get in shape and build endurance—a little pain now in exchange for less pain later. Why everyone joining the military doesn't do that is a mystery to me; we've all heard stories about how miserable basic training is.

How does that apply to you and me? You might try eating less, maybe even fasting for a day if you don't have a medical reason you can't, to see how your body responds to the lack of food. If weight training is going to be part of your program, prepare by lifting light weights—even if it's just a 10-minute workout. You could avoid the severe muscle damage later by preparing now.

I think you get the idea. Whatever you can do now to prepare for the new lifestyle you want is only going to make the transition easier. Like anything you want to accomplish in life, how you prepare today will dictate how you will succeed then.

What are you prepared to do today?™

Dr. Chet

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