



December 27, 2010 – Grand Rapids, MI

Top Five Health Goals

In the next two messages, I'm going to give you my list of the top five health goals you should consider for 2011. Consider? No—that's too mild. These are things you should do. Period. You should do these things to increase your energy levels, to reduce your risk of disease, and to move toward optimal performance. I can assure you that no matter how much money you earn, how much acclaim you receive, how many friends you have, whatever—nothing can replace feeling healthy and fit enough to enjoy all those things to the fullest.

This is goal-setting week, so include these in your goals for 2011:

1. Exercise

The single most important health goal you can achieve in 2011 is to exercise regularly. That means every day. You don't have to run a marathon every day, but you should exercise every day: four to five days on aerobic fitness, two to three days on strength training, and every day on stretching.

2. Normalize Your Body Weight

Based on recent research, the healthiest range for Body Mass Index is 22.5 to 24.9. If you have a larger bone structure, you can add one or two BMI units; the Body Mass Index Chart posted on the Health Info page at drchet.com has been updated with the information you need to determine if you really have a small, normal, or large frame. Getting to a healthy weight has been my most elusive goal. Join me and thousands of others in the 30 Pound Club as we get to the optimal BMI and stay there: One and Done.

3. Eat More Vegetables and Fruit

Phytonutrients, fiber, vitamins, minerals, fewer calories. There are reasons why people who eat more plant foods live longer and healthier lives. But really, you already knew this, didn't you? If you're waiting for a written invitation, this is it.

Next two goals on Wednesday. Until then:

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 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.

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