



December 29, 2010 – Grand Rapids, MI

Top Five Health Goals, Part 2

Today's message is a continuation of my list of the top five health goals for 2011. As I said Monday, these aren't just suggestions; these are things you should do to increase energy, reduce the risk of disease, and move toward optimal performance. To review, the top three were to exercise every day, normalize your Body Mass Index, and to eat more vegetables and fruit every day. Here are the last two:

4. Get a Physical

You have to know where you stand without kidding yourself. If you're over 30 and you haven't had a physical in the past two years, schedule it today. The doctor will do blood tests, and make sure you ask your doctor to schedule these:

- Full lipid panel with total-cholesterol, HDL and LDL cholesterol, and triglycerides
- Hs-C reactive protein
- Vitamin D
- Fasting serum insulin and HbA1c

Ask for a copy of your results in electronic format, print them, and keep both a hard and electronic copy of the results.

5. Take the Top Three Supplements

Take omega-3 fatty acids from marine or vegetable sources and a broad spectrum probiotic, and drink one-half your body weight in ounces of fluid every day. Fluids? Yes, with our lack of fluid intake and low vegetable and fruit consumption in North America, fluids are supplements.

That's my list of top health goals in 2011. You don't have to do them all at once—losing weight will take some time—but you need to have a plan to work toward meeting all of them. But if optimal performance is a goal for you in 2011, this is what it will take to achieve it.

What are you prepared to do today?™

Dr. Chet



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 WGUV-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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