

The 30 Pound Club

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60!

Tomorrow is my 60th birthday. I'm not looking for congratulations—rather I want to share just a couple of observations and provide one bit of advice, not so much based on science as on experience. It would apply whether I do what I do now or was still driving a truck for a living.

Mickey Mantle once said, "If I knew I was going to live this long, I would have taken better care of myself." I don't know that I feel exactly that way, but there are two things I would change.

I never should have smoked cigarettes. I didn't smoke very long considering how long I've lived, but I would still not have done it. There's just no way to completely undo all the damage smoking does.

I should have solved my weight problem permanently in my teens or early 20s instead of waiting until now and having to still work at it. That's the reason for the 30 Pound Club's existence, and if I have my way it will end on December 31—both for the club and my weight.

So what's the advice? You have only one body and you'd better take good care of it. If you do, it will support you. If you don't, it will bother you the rest of your life. You're not getting any younger, so why are you waiting to get healthier?

Accidents happen, but most of what ails us is our own doing. Think of it as your million-dollar investment. That's right—you have a million-dollar body. You're either going to invest in it to get a million-dollar return by living healthier longer and doing the things you really want to do, or you're going to invest a million dollars in healthcare costs and be restricted in many ways.

The choice is yours. Choose wisely.

One and Done.

What are you prepared to do today?

Dr. Chet

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