



January 3, 2011 – Grand Rapids, MI

Another Chance

The holidays are over. The champagne corks have popped. The last party is just a memory. The tree is at the curb. What you did is history. What you didn't do should be forgotten—there's nothing you can do about it anyway.

The great thing about a new year is that it represents a new beginning. You could begin any day, but the beginning of the year seems significant. It's time to get control of your health in 2011. You read the health goals I wrote about last week. Maybe you've started to plan for how you're going to achieve them. Maybe you haven't. Maybe you're still carrying guilt from last year. Abandon it right now. It serves no purpose because it will only hold you back. Let it go, as this photo by my daughter-in-law Kerri illustrates so beautifully:



You have another chance to get control of your health in 2011. Take advantage of it because with every year that passes, the number of chances you get diminishes. This is your year. Believe it and take advantage of another chance.

What are you prepared to do today?™

Dr. Chet

WGVU FM 88.5/95.3 **npr** **Straight Talk on Health**

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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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