



January 10, 2011 – Grand Rapids, MI

## The Century Mark

Most people want to live as long as they can. I think that what they miss is the rest of that statement: most people want to live as long as they can *as long as they're healthy*.

You want to be really living and enjoying life if you live to 100, not just being kept alive, right? So here's my question for you: are you treating your body like you want to be alive and well when you reach 100? Or are you treating your body like this may be your last year? For example,

- Fruit or Skittles?
- Nice mixed salad or deep-fried onion?
- Walking to stay healthy or walking to the fridge?
- Grilled chicken breast or fried chicken?
- Remembering your supplements or remembering where you hid the candy?
- Getting your physical or getting your excuses ready?
- Water with lemon or sugary sodas?
- Still smoking or still planning to meet your great-great-grandchildren?
- Lifting weights or lifting the remote to change the channel?
- Buying smaller sizes or buying more beer?

I could go on but you get the point. If you expect to live to 100 and still be enjoying your life, it's time to start treating your body like you really want it. To get to the century mark, ask yourself one question:

What are you prepared to do today?

**Dr. Chet**

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