



January 17, 2011 – Grand Rapids, MI

## Never Quit

I like football, and championship games are usually good. That was the case last week when Auburn played Oregon for the Collegiate Championship. It was a close game and looked like it was headed into overtime. One play really decided the game, and it almost stopped short.

A running back for Auburn caught a pass and seemingly was tackled. But as the Oregon defender tackled him, the running back's knees never touched the ground, so he popped right back up—and stood there. He didn't move until the Auburn coaches started yelling for him to run—which he did. By the time he was tackled, Auburn was in field goal range. Replay confirmed that no part of his leg touched the ground and the play stood, because those are the rules. He might have quit and stayed down, but he got back up and then was strongly encouraged to keep moving. And that made all the difference.

When it comes to changing your health, you're going to have many days when it seems like nothing is happening. The scale doesn't move. Your jeans are no looser. You can just stay down or even regress, or you can get back up and keep moving toward your goal.

You want better health? You want to weigh less? You want to be fitter? Then never quit, because I can tell you for a fact that you will never be sidelined or stopped unless *you* decide you are. So:

What are you prepared to do today?

***Dr. Chet***

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