



January 31, 2011 – Grand Rapids, MI

## Straight Line

One of the basic tenets of geometry is that the shortest distance between two points is a straight line. Without getting into time-space continuums or philosophic discussions, that is true. But let me ask you: Did you ever watch an ant running around the sidewalk? There's no pattern as he runs around searching for food or whatever it is they do.

Sometimes, that's how we try to get healthy and fit. We keep trying one thing or another, starting and stopping, and taking every approach but a straight line to get to our goal to weigh less, get fit, reduce blood pressure, whatever. Maybe it's because progress is slow or maybe it's because it's boring doing the same thing day in, day out. So what? It wasn't that exciting getting to where we are now. We overate or underexercised or ate the wrong food day after day for weeks and months or even years to get where we are. If we just pick a reasonable path and stick to it, improved health is a straight line away.

What are you prepared to do today?

*Dr. Chet*

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