



March 23, 2011 – Grand Rapids, MI

A Day for Thinking

Paula and I have been in Illinois helping her Dad's sister celebrate her 90th birthday. I talked to these two long-lived people about how to stay active and live a long life, and I'll have more on that in Wednesday's Message. Today, we're on our way home with Dad, and I'll have plenty of time to think of new things to talk about. But for now, I simply want to remind you that you still have time to order and participate in tomorrow night's webinar, *Supplementation for Optimal Exercise Performance, Part 2*.

In Part 1, I showed you how to eat and supplement to get ready to exercise and perform your best. In Part 2, I'll show you what to do during exercise to keep your energy levels high based on the latest research.

Then I'll show what to do after exercise to recover faster. The first 30 minutes after exercise is the critical time—whether weight training, playing a sport, or ramping up aerobic training. What athletes do during that 30 minutes will dictate how their next workout or competition will go. But there are some things that shouldn't be done, and I'll cover those as well.

If you want to raise your game to another level, have a child who wants to compete at a higher level, or you want to market products to people who compete in sports, you should listen to this webinar.

I'm keeping your cost and your time commitment low: the webinar will be 45 minutes with 15 minutes for Q&A, and registration is only \$9.95. That's for one computer, so get your workout buddies together and watch it.

Supplementation for Optimal Exercise Performance: Part 2

Tuesday March 22nd at 11 p.m. Eastern Time

If you missed the Dr. Chet's 2nd Annual Super Bowl Webinar, *Supplementation for Optimal Exercise Performance, Part 1*, you can still order the replay to watch before the Part two webinar; just click any of the links for tomorrow's webinar. Get the complete package to get a complete performance.

Dr. Chet

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

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sunday in the Eastern Time Zone on WGVU-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org and clicking on "Listen Live" in the gray bar at the top.

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.

Subscribe to the Message from Dr. Chet at DrChet.com — © Chet Zelasko PhD LLC