



April 18, 2011 – Grand Rapids, MI

## Payment Due

If you're like us, you've waited until the last possible moment to file your taxes. Why? Because we owe money. I'll bet if you're getting a refund, you've filed, gotten your refund, and spent it. It doesn't really matter when we file, we all have to do it or deal with the consequences.

It's too bad that we don't have a due date like that when it comes to getting healthy and fit. We plod along. We get by. We don't feel too bad, so we don't really do all we know we should. We let our weight stay too high and, if nothing else, we have to deal with the effects of gravity on our body. Often, it's much worse than that—payment comes due with a degenerative disease such as diabetes or hypertension. The price of doing nothing is high.

So take today and make a decision that you'll pay the price to get healthy and fit. Because whether you like it or not, that payment will come due, and you'll pay. Maybe sooner, maybe later, but pay you will.

What are you prepared to do today?

**Dr. Chet**

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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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