



May 9, 2011 – Grand Rapids, MI

You Decide

Attaining optimal health is challenging. When I write, I try to look at the upside of things because face it: who wants to read a downer day after day. But I'm also a realist, and I feel that I have to point out the hard realities when appropriate. I'm going to write the first part of today's message, and at the end, I'll tell you the two titles I was considering. You tell me which title you like better, and I'll finish the message on Wednesday based on the number of votes for each title. To vote, just hit reply on the email and put in the title name.

I was sitting in the entrance of a local supermarket waiting for Paula. As I've said numerous times, I like to people watch. But what I saw was almost surreal. The male members of a family came walking in, dad first followed by three sons lined up by age. The dad weighed at least 450 pounds. The oldest boy who I estimate to be about 14 was significantly overweight. The middle boy was heavy but not too overweight. The youngest boy, maybe about 7, was rail thin.

The two titles were "Doomed" and "There's Always Hope"—you tell me which one you like better, and I'll finish the message on Wednesday.

What are you prepared to do today?

Dr. Chet

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

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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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