



May 16, 2011 – Grand Rapids, MI

You Can

Last week we decided that there's always hope, that it's never too late. Here are a couple of examples.

I'll start with DM. He joined the 30 Pound Club when it began in January of 2010. The first year he lost 15 pounds. He had his ups and downs, but he persevered. His big goal for 2011 is to run a 5K on his 60th birthday later this year. I have no doubt he will do it. He found many ways of how not to do things, but he never stopped trying. He's learned there's no such thing as doomed.

My mother-in-law has faced some health challenges, and she's in an extended-care facility. Even though she's in a wheelchair now, she's still conscious of her weight; she decided that she's putting on a little weight, so she's going to eat less. Even at 86 and permanently seated, she understands that it's not too late to change.

Your story is yet to be written; if you don't like where you are, you can change it. All you have to do is approach it one day at a time because in the end, it comes down to one thing:

What are you prepared to do today?

Dr. Chet

P.S. Paula and I will be in South Carolina visiting our son and his wife for awhile. The print messages will continue, but there will be no audio message.

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