



June 6, 2011 – Grand Rapids, MI

On June 6th

Two significant events took place on June 6th that I always remember, and both were important turning points for the U.S. The first took place before I was born; that's the day the Allied Forces invaded the beaches at Normandy. I've always been fascinated with the event that began the end of the war in the European theatre. Had WWII been won by the Nazis, or even if the war had gone on years longer than it did, the world would be a different place.

The second was the death of Robert Kennedy. I can remember waking up to the news that he'd been shot on June 5th; I thought it was a dream. He died the next day. Whatever your politics, you have to acknowledge that had Kennedy lived and been elected, our country would be different in significant ways.

If General Eisenhower had decided to wait until the next chance for better weather, or if Kennedy's group had taken a different path instead of through the kitchen, today might not mean what it does to me. But those events happened.

Maybe this day means something to you, or maybe not, but you can make it the most significant day in your life from this point forward. June 6th can be the day you decided to get healthy and fit. If you're not happy with the path you're on, if you don't see optimal health in your future, then make today the day you decide to change your future. Whether you're joining the 30 Pound Club, or you're going to quit smoking, or you're finally going to start exercising, the time for action is now. Make today the day you'll remember for the rest of your life—the day you turned the corner to better health.

What are you prepared to do today?

Dr. Chet

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