



July 11, 2011 – Grand Rapids, MI

Choreography

I'm a big Jason Statham fan, the lead actor in the *Transporter* movies. In most of his movies, he does fight scenes, and they're great. But the thing is, they're all well choreographed. Every swing of a fist, a knife, or a sword requires impeccable timing. Even though they don't use sharp knives or swords in those scenes, someone could get seriously hurt if they didn't practice those scenes hundreds of times and get the choreography exactly right. If that kick to the face is just a little bit off—ouch!

Let me ask you something. Do you really want to get healthy, lean, and fit? Then choreograph everything you do. Every habit is like a punch thrown in the movie. One of the things I've talked about repeatedly is that we need to be consistent. It's using different words, but it means the same thing. Here are a couple of examples you can use tonight. Pack your gym bag so all you have to do in the morning is pick it up and go. Better yet, put it in your car. How about getting your fiber cocktail ready and putting it by the coffeemaker? That way, all you have to do is add water and drink it down. Put the containers with your morning supplements on the counter as well, in the kitchen or bathroom, so you never forget to take them.

Choreographing your lifestyle to get healthy won't be as exciting as an action movie, but you know what will be exciting? You: enjoying the result of the choreography with a body that's lean and fit. Paula adds, "And the shopping—don't forget shopping for new clothes!" That's mostly a girl thing, but I gotta admit I get a rush from buying smaller jeans.

What are you prepared to do today?

Dr. Chet

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