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Prepare to Choose

For those of you who don't follow sports news, professional football players and owners recently approved a new contract. Part of the contract was new rules on practices and contact in practices to reduce injuries. Coaches were informed only about a week before practices began, so they didn't have a lot of time to prepare for training camp.

Monday's message included a quote from the Bills coach Chan Gailey, and there was a little more to what Coach Gailey said. He went on to say that now he knows what the rules are, he can prepare practices for next year to better take advantage of what's allowed within the new rules. That's also profound.

How much time do you take to prepare your meals? What you'll eat? Whether you'll cook or eat on the road?

How about exercise—when this week are you going to do that 10-minute workout or 20 minutes of intervals? Or when are you going to check out the gyms in your area or investigate the equipment you've been thinking about?

Some of you get my monthly audios and some listen to my radio show, and you know I end them both with the same line: Health is a choice. Choose wisely. But in order to put the odds in your favor, you have to spend time preparing to choose wisely. In effect, it all comes down to one thing:

What are you prepared to do today?

Dr. Chet

WGVU 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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