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New Uniforms

The world of sports is filled with meaningless statistics, but recently one got my attention: Professional football teams that change their regular uniforms go to the Super Bowl—happened to the Bengals in the 1980s and the Broncos in the 1990s. Is it possible that the Bills could follow that pattern? Only time will tell, but at least the abominations they wore last year are history.

If you're trying to get fit and lose weight, I'll bet you can't wait to buy new clothes. Here's a thought. Buy some new workout gear right now. If you've got a new attitude, why not show it? If you're trying to hide your current body, you're wearing black just about all the time. Forget that—it's just workout gear, so get something new and colorful that you look forward to putting on.

A woman I worked with bought jeans a size smaller than she currently wore and tried them on periodically as she lost weight. When those jeans fit, she bought the next smaller size, and tried those on now and then. Eventually she got to her goal size.

What would you like to wear when you get to where you want to be? Buy it now. New uniform, new attitude. This is your Super Bowl.

What are you prepared to do today?

Dr. Chet

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