



October 31, 2011 – Grand Rapids, MI

Halloween

If you're out and about tonight with the kids trick or treating, you'll probably run into just about every character you can imagine. There might be some animals such as lions and tigers and bears—don't say it! There will be princesses and superheroes such as Batman and Superman. Cartoon characters such as SpongeBob and Sesame Street characters such as Elmo.

And then, there will be the scary ones. Skeletons, witches, and vampires. The rage today is the walking dead, so expect to see plenty of ghouls.

The costume you probably won't see is the deadliest one of all. What would that be? Someone wearing a fat suit.

Huh? Folks, 70% of the population of the United States is overweight and 30% are obese, and both conditions will shorten your life. We're not scared of it because we see it all the time, including perhaps in our own mirror. The latest research predicts that half of us will be obese—not overweight, obese—in the next 20 years. If that doesn't scare you, I don't know what will.

What are you prepared to do today?

Dr. Chet

WGVU FM 88.5/95.3 **npr** ***Straight Talk on Health***

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