Happy 4th of July!

I know it's a few days early, but Paula and I want to wish you a Happy Independence Day. I hope that you start the second half of 2015 by enjoying this weekend celebration.

You won't be getting messages this week, but we'll get right back to it next Tuesday. Experience has taught us that messages so close to the holiday don't get opened until the holiday is over and I don't want to overwhelm your Inbox, so we'll start fresh next week.

I do have a challenge for you. What are your goals for the second half of the year? Have you started training to run that 5K? Have you started getting rid of the weight like you planned? As you celebrate our Independence, take a few minutes to decide how healthy you plan to be by the end of 2015.

I've got some things planned that I know will help you reach those health goals. Mark your schedule right now because I'm doing an Andropause-Menopause webinar on July 21; you can't avoid those, but they can be easier. I'll let you know when you can sign up. And that's just the beginning.

What are you prepared to do today?

Dr. Chet

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

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