



December 8, 2015 – Grand Rapids, MI

Reach Higher

The Michigan State football team is in the final four for the national collegiate football championship. They may win, they may lose, but they made it to this point. Their motto this year was “Reach Higher” and they did. They worked harder, lifted more weights, studied more film, prepared better. They built the habits necessary to win. More than that, they learned to win on the field.

They didn't do this in one season; they've built the attitude over the past eight years. They failed a lot before they began to win. When new players joined the team, they were incorporated into that work ethic and attitude. This season, they reached another level because they all reached higher.

I spent last week encouraging you to use December to begin the path toward a healthier lifestyle. You don't turn it on and off at will. You build the attitude of health every day. There's no “I'll start after...” You're already in the game of life. Build your mental game and your body will follow.



No matter where you feel your health is today, no matter how frustrated you've felt at your inability to reach your health goals, understand this: failure is a part of the process. Decide today, right now, that you're going to reach higher. Know that it won't happen overnight. Grind it out, day in, day out. That's the only way to reach a better and healthier version of you.

Reach higher.

What are you prepared to do today?

Dr. Chet

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

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* Sunday at 7:30 a.m. and 6 p.m. in the Eastern Time Zone on WGVU-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org/wgvunews and clicking on "Listen Live" at the top.

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.

Subscribe to the Message from Dr. Chet at DrChet.com — © Chet Zelasko PhD LLC