



December 29, 2015 – Grand Rapids, MI

One Goal: Learn

As we reach the end of 2015, many of you are setting your goals for 2016. For those goals related to health or business, I challenge you to do one thing with each goal: learn all you can in the process. Here's what I mean.

Health Goals

Most of you will set a weight or fitness goal. Fantastic. You're probably going to use an established program, you'll follow it, and you'll get results. Excellent. What do you do when you achieve your goal, whether it takes a few months or the entire year? I hate to say it, but if you're like most people, you'll slowly go back to your old habits and gain the weight or lose the fitness. A year from now, you're setting the same goal.

To change that, you have to learn as much as you can about what works for you and what doesn't when it comes to eating better and moving more. Here are a few questions to get you started:

- Do you feel better eating breakfast when you get up or waiting until later?
- What types of foods seem to give you energy and which make you want to take a nap?
- Do you exercise better first thing in the morning or in the afternoon?



I could come up with hundreds of questions related to foods, timing, workouts and on and on. The key is to answer them for yourself if you want sustainable results. You're doing an experiment with one subject, and you need to act on what you learn. This applies to conditions such as high blood pressure and prediabetes as well.

Business Goals

If you're part of the health industry as a supplement, weight loss, or fitness provider, you also have to learn. You should know your products. The company can provide that information, and if this is your business, you have to know what you have to offer. That should be relatively easy to learn.

What is much more difficult is the **why**. You may offer products that contain nutrients that can help people with weight loss. You know what they are, but you don't know why they work. Of course, the company may provide some of that information, but you really need an independent third party you can trust to provide you the reasons in an unbiased way, and that's how my business can help yours.

I hope you set high goals and achieve every one of them. I'll be here to help you throughout 2016 to have the healthiest and most profitable year ever.

What are you prepared to do today?

Dr. Chet



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 WGUV-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.

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