



February 6, 2016 – Grand Rapids, MI

## When It's 51-49

I know what you're probably thinking: Dr. Chet is predicting the Super Bowl score. While that would be a great game, especially if the Broncos win, that's not what I'm talking about. (Don't be offended, you Panther fans. I'm an AFC fan every day and especially, a Peyton fan.)

What's 51-49? Let's say that you wake up five minutes late on Monday. You will immediately start the process of deciding whether or not you can exercise or fix your healthy breakfast shake; the score stands at 50-50. The arguments begin in your head before you even know they're going on. At some point, they reach a level where they're in your conscious brain. Tick-tock. You have to decide.

What do you do now?

You could remember that 25 minutes of exercise is better than no exercise, and take that instead of your usual 30 minutes. Or you can shave those five minutes off smoothie prep by skipping the kale or the chopped fruit this one time; 75% of something good is better than 100% of something you'll regret later.



To get something done, all you need is just one more reason to do it than not do it. One more reason to tip your decision toward the healthy choice rather than blowing it off. I'm there many days myself. That's why I say health is a choice; we have to choose every time, sometimes many times a day.

When we read books on self-improvement, we get the idea that we have to have some kind of laser-focus commitment to our goals until we have blood gushing out of our eyeballs—a knock-down, drag-out iron will to be successful. That type of intensity can wear you out sooner rather than later.

The arguments in your head will always be there. There's always the risk you'll be tired or sore or stressed, and those arguments will rule the day. You just need to make the final argument, the one that says: "I can do this." Simple, quiet determination; that's what can tip that 50-50 to 51-49. Of any tip I could ever come up with, this one is the most important to help you perform better over the long haul: dig deep and just do it.

Final reminder: the [6th Annual Super Bowl Webinar](#) is tomorrow at noon Eastern Time. I hope you'll decide to join me. Sign up now!

What are you prepared to do today?

**Dr. Chet**

---

**WGUV** 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 WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to [www.wgvu.org/wgvunews](http://www.wgvu.org/wgvunews) and clicking on "Listen Live" at the top.

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](http://DrChet.com) — © Chet Zelasko PhD LLC**