



December 27, 2016 – Grand Rapids, MI

Schedule Your Physical

Most of us want to be healthier, fitter, and weigh less in 2017. In order to really know what your goals should be, you need to know how you measure up right now. That's why you should schedule your physical today. You can track your weight on a scale, and you can track your miles and your heart rate easily, but there's more to health than how much weight you can lift. The only way to know where you stand is by getting a physical.



If the Check Oil light comes on, do you ignore it? If the Low Tire Pressure indicator lights, do you shrug it off? Maybe you do, but if you want to keep your car on the road, you'll check it out. That's what a physical does. You may not have any symptoms of high blood pressure, high cholesterol, abnormal blood glucose, or even high or low thyroid, but they could be happening; they could be slowing you down and you don't even realize it. Most serious conditions don't have serious symptoms to start; you don't want to wait until you feel the symptoms.

Schedule your physical today. It's really the only way you can fully know what your health goals should be for 2017.

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 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.

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