



December 30, 2016 – Grand Rapids, MI

## Rule 3: Move More

While I absolutely believe that we need to eat less and eat better, the one thing that can help you faster than anything else is exercise. Changes in how your body responds to insulin happen within three days. Your heart rate and blood pressure start to decrease within a week. Even your digestive system will work better.

To help you out, there are three papers I wrote in the [Health Info](#) section of my website. [How to Start a Jogging Program](#) is just what the title suggests. [Interval Training](#) shows you how you can get a good workout in as little as 20 minutes. Finally, the [Spartan Workout](#) can help you get a whole-body workout. The papers are all free and in PDF format.



Get yourself checked out to make sure it's safe to exercise, and stay within the restrictions of any medical or orthopedic issues you may have. Especially as we get older, a visit to your physical therapist is a good preliminary step to make sure you know which exercises you should be doing and the right way to do them. Just remember to start slow and work your way up; if you try to do too much too soon, you'll likely end up injured and making no progress whatsoever. But if you want to be healthier in 2017, you have to move more.

Don't forget the [Detox Weekend](#) is in one week. Buy [Real-Life Detox](#), get some friends to join you, and start 2017 out right by beginning to eat less, eat better, and move more.

What are you prepared to do today?

**Dr. Chet**

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