



January 17, 2017 – Grand Rapids, MI

Eat to Perform

With the NFL playoffs going on, there have been some amazing performances. Do these men have talent? Sure, but talent won't take you far enough. I've accumulated some stories about how athletes prepare to perform and they seemed especially appropriate this week.

Let's begin with what is known in Steeler Lore as The Waffle House Incident. Antonio Brown, late of *Dancing with the Stars* fame and one of the best wide receivers in football, went out to eat with his wide receiver teammates. He's known for eating only organic food. As the story goes, he grilled the waiters, who called managers, to assure him the chicken met his criteria. He ate it.

When asked about it, he reportedly said, "I've got to keep a clean diet. You get out what you put in, so I make sure I put in top fuel to make sure I perform at the highest level." Based on his performance the past two weeks, he's eating very clean.



Do you think about what you eat to perform better in your life? There are no secrets here. More vegetables. More fruit. Less refined food.

You know this drill. Eat less. Eat better. Another story on Thursday.

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.

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