



May 10, 2017 – Grand Rapids, MI

I'm Alive V2.48

When I opened my eyes this morning, I said the same thing I've said for the past 24 years: I'm alive! I've come to believe that if I wake up this morning, it means I have at least one more year. It makes no sense, but I can't change the way I think about this one thing.

The question is why. My dad died 48 years ago today at the age of 41. Ever since I opened my eyes on May 10th when I was 41, I believed I would live another year. Again, it makes no sense but it's what I believe. For the many new subscribers, now you have a little insight into how I think.

This year also has a similar message to the one from three years ago. My father-in-law, Don Jones (Joner to most of us), passed away on May 7 at the age of 94. It was three years to the day and almost the same time of day as my mother-in-law, Ruth Jones. While we most definitely will miss him and all his stories, we're not sad. His body had let him down the past couple of years; I think he decided it was time to go be with his Ruthie again and he just quietly slipped away. How can you be sad about that? They were together on this earth for over 70 years and now they have eternity. That deserves a celebration.

Whether it's a day, a month, a year, or until I'm 94, I've got a lot to do to help you get healthy and fit to be able to live life the way you want to live it. Stay tuned because we're just getting warmed up.

What are you prepared to do today?



Dr. Chet

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