

What's there to do besides **DRINK?**

Stop blaming others for the choices

YOU make

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Do you really want to be healthy? Do you really want to live longer? Do you really want to be sick less often? Do you really want to feel good about yourself? Do you really want to be in control of your life?

Or, do you enjoy being sick? Do you enjoy complaining about your medical care? Do you enjoy blaming others for your problems? Do you enjoy making others take care of you because you refuse to take care of yourself?

Most people fit into one of these categories. Take two people who smoke. One wants to be healthy, so he checks around to find out what agency offers stop-smoking classes, and signs up. The other person doesn't care about his health, and continues to smoke. He has many colds and lung problems. He goes to the clinic often and complains that the doctors don't do anything for him — just tell him to stop smoking. He continues to smoke.

Take two people who drink. One drinks responsibly. He goes to a party and has a couple of drinks. He doesn't need to get drunk to have fun, or to escape from his problems. With every chance

he gets, the other person drinks until he is drunk. When he is drunk he is obnoxious with everyone he encounters, he gets into fights and he beats his wife. But it is NEVER his fault for getting drunk. It is his boss' fault, his wife's fault, the outsiders' fault. So he has another drink and another and another until he is drunk. And he continues to blame others for HIS BEHAVIOR.

The major health problems today are not the diseases caused by a germ that can be cured with a shot. The major health problems today are the diseases caused by a person's choice of lifestyle. You would be hard put to find a person who doesn't know that smoking can cause lung cancer, or that excessive drinking leads to not only physical disease, but to a variety of social health problems, such as spouse abuse and battering.

People have the information, the facts, but many people don't want to accept the fact that they are responsible for the lifestyle they choose and what happens to them.

It's YOUR CHOICE. Don't blame others for the choices you make. Don't complain and belly-ache about the doctors, the "system," if YOUR lifestyle is causing YOU to be sick and unhealthy.



LOTS!

**The choice is yours.
You DO have a choice.**

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