



August 26, 2009 – Grand Rapids, MI

Adapt

One day last week, I ran at a local bike path located on a recovered train track right-of-way. Those make great running paths because they're often covered with a tree canopy and they're straight with very little change in elevation. Soon after I started, I noticed gravel on both sides of the path—they must have been making repairs. The bike path then leaves the train path and weaves along a highway for miles. After I turned around and was ready to enter the tree canopy again, they had put up signs saying the bike path was closed for repairs. Well, my car was at the other end of the bike path, so I just went on. To go around would have taken several more miles, and I didn't have time for that.

When I got back to my car, several people asked about the bike path being closed. I told them that they were working toward the far end and they could get most of their walk or ride in. No one continued—they just decided to go home or run elsewhere.

I don't understand it. There will always be times when life interferes with your planned workout. The treadmill is broken in a hotel. The weight area has been taken over by a group of body builders. Or repairs are being made to your favorite walking path. Just find another way to get your workout. Adapt to the circumstances presented and get it done.

What are you prepared to do today?

Dr. Chet

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