



September 2, 2009 – Grand Rapids, MI

Safe

I heard an interesting story from a good friend and regular reader. She went out for a run during the afternoon, and as she started to run across an outdoor parking lot, she saw a guy stark naked. Without getting into too many details, let's just say he and his right hand were having a romantic interlude. She hadn't brought her cell phone, so she quietly backed out of the parking lot and ran to the first house, asked the owner to call the police, and then watched as it took three officers to get the guy into the squad car.

Her comment to me was that exercise is important, but make sure you're safe when you do it. I agree. You know that at the insistence of my daughter-in-law, I now carry my cell phone with me at all times when I run or even when Dad and I walk in the morning. You also need to know the area you're walking or running in. If you don't know, don't go.

Exercise is good for you. Just make sure you're prepared if you venture outdoors—even in the middle of the day. You just never know what you'll see.

What are you prepared to do today?

Dr. Chet

WGUV Straight Talk on Health

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sundays in the Eastern Time Zone on WGUV-FM 88.5 or 95.3.

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