



September 30, 2009 – Santo Domingo, Dominican Republic

No Excuses

Last weekend an ad I saw while watching some football caught my attention. It was a man on a motorcycle doing all kinds of stunts. Here's the thing—near the end of the commercial, they revealed that Ryan Suchanek has only one leg. He was in a near-fatal car accident in October 2007 when a car was driving in the wrong lane on a blind turn and hit him head on. He was nearly killed and lost his leg from the knee down. But that didn't stop him. Riding is what he does so in January 2008, he got back on his bike with a prosthetic leg and started training. After months of work, he was back to doing the stunts he's always done.

There isn't one of us who doesn't have some sort of physical issue that limits our ability to move. Whether it's a function of age and abuse such as arthritis and bulging disks or simply carrying too much weight for too long, we can all come up with a reason to restrict our activity. Or we can choose to get on with the lives we want to have and with hard work and determination do the things we want to do. There's always a way around any physical limitation. You just have to stay focused and find it.

What are you prepared to do today?

Dr. Chet

WGUV Straight Talk on Health

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