



December 7, 2009 – Grand Rapids, MI

Instructions

I recently visited with a friend I haven't seen in many years. During our conversation, Vince mentioned that when he learned to rollerblade, he took some lessons. I thought that was an excellent idea. Kids who learn to skate at five or six have the benefit of failing and falling many times before they get it. For us as adults who are a lot farther from the ground, we put on the rollerblades, fall a couple of times, and we're done; the rollerblades in my closet are a testimony to that approach. Getting professional instruction is just the thing to learn how to do things right.

The same applies to many types of activity. I've talked about taking dance lessons with Paula. Besides dance and rollerblading, yoga, weight training, ice skating, and martial arts are all areas where professional instruction might be the difference between someone adopting a sport for lifetime benefits or trying, failing, and quitting. Even learning to run isn't as simple as lacing up the shoes and taking off—my Research Update called **How to Start a Jogging Program** will get you started in the right way and help you stay on the road rather than back in the recliner again.

If you're going to learn to do something, you might as well learn to do it right. Christmas is coming and you might want to add this to your wish list: some lessons for some activity you'd like to learn.

What are you prepared to do today?

Dr. Chet

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