



December 21, 2009 – Grand Rapids, MI

## Socks

I recently saw an interview with John Wooden, the legendary former coach of UCLA. He's currently 99 years old and as you might expect, doesn't move quite as well as he once did.

One of my favorite Wooden stories is what he did at the first practice every year: he showed the players how to put on their socks. Overdoing it? Not really. Remember this was back in the 1950s to 1970s when the synthetic fabrics of today were not yet invented. If the players put their socks on correctly, they wouldn't get blisters that would cost them playing time.

The moral of the story? Whichever lifestyle change you want to make, get enough information about how to do it before you begin—whether that means getting a physical, reading a book, working with a nutritionist or personal trainer, or even buying the right shoes and socks. Having enough info could save you lost time and keep your progress on track.

What are you prepared to do today?

*Dr. Chet*

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