



April 21, 2010 – Grand Rapids, MI

## Be Safe Out There

The weather is getting better and better, and you're going to want to move outside to exercise. Excellent! Just make sure you take your cell phone with you. Remember, the other day I wrote about trying to talk myself out of running? What I didn't say was that as I was in the elevator on my way down to the lobby, a couple on the elevator mentioned that they would call each other as they were shopping. I reached for my right hip and realized I left my cell phone in my room. What to do? That was a no-brainer—I went back up to my room to get it before I went out for my run.

The goal is safety. Whether you're walking, cycling, running, or even working in the garden, you don't know whether you'll fall and break a bone, get dizzy from the heat, or suffer something more severe such as chest pain. Before cell phones, I once cut my foot badly on an out-of-town run and was just lucky to get a ride back to the hotel on the back of a truck.

You might see another runner or biker or walker down and want to be able to call for help. Or like I've done, you may discover you've run into an area that maybe you should have avoided had you known the area better. It doesn't matter. Just make sure you always take your cell phone with you. The goal is to be fitter and healthier. Being safe is a part of that.

What are you prepared to do today?

*Dr. Chet*

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