



April 26, 2010 – Grand Rapids, MI

## Be Smart

As I was walking to the door of the supermarket recently, a young man was pushing a column of at least 50 carts. He really had to strain to get them going, and steering them was also a challenge—I know it was jarring to his joints. Maybe he liked a challenge or maybe he wanted to show off for the young lady who was also out collecting carts, but it's good he had the benefit of youth to protect his joints because what he did wasn't very smart.

Some of you are in your teens and some are in your 80s, but no matter what your age, be smart when you take on physical tasks—exercise, yard work, small home improvements, whatever. If you try to work beyond your capability, you can damage yourself, sometimes severely. I know. I've done it.

One of the ways you can be healthier is to be smart in the things you attempt to do. Start smaller and use tools to multiply your force. You've only got one body. Limit the damage and you'll feel better every day you're alive.

What are you prepared to do today?

*Dr. Chet*

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