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Diversions

I always appreciate when you write me even though I don't always acknowledge it directly. Like the Brussels sprouts recipes—I still haven't tried them all. But I got this recently from a reader. I couldn't write anything that would do it justice, so I asked if I could use it and he said yes. Here's what D.M. said about exercise:

"After doing my 90-minute workout faithfully for the last three months or so, it was starting to get a little old. I have discovered a fantastic diversion. Any day I don't feel like doing my same old workout, all I have to do is think of a chore around the house that will provide some good sweat-pumping exercise. It's working. I'm getting some things done around the house that needed to be done and getting good exercise in the process. I saved \$500 by cutting down some 60-foot cypress trees that were busting up my driveway. I got four days of really good exercise cutting and stacking firewood for next fall. Turning over soil with a shovel and bending at the waist to pull out the weeds must be one of the best exercises in the world. It sure makes me sweat. My garden is taking over my back yard. How cool is that? A yard I can eat."

No one ever said you have to put on workout clothes and walk, jog, or run for exercise to count. How many tasks that burn energy and make you sweat are waiting around your house or yard? How about at your church or other volunteer activity? Donating a little sweat equity just might provide you with a respite from another boring workout. Take D.M.'s suggestion, divert your attention, and see what you can accomplish.

What are you prepared to do today?

Dr. Chet

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