



June 9, 2010 – Grand Rapids, MI

## Rocks

Paula and I spent the weekend lifting rocks in the hot sun—we fought the lawn, and the lawn definitely has not won.

Okay, enough silliness. If you clicked the audio link to listen to this message, you now know why I'm not a professional singer.

But we really did spend a large part of Saturday and Sunday moving boulders, stepping stones, and rocks. And we mostly did it correctly: lifting with the legs, not the back, and using a dolly and a wheelbarrow whenever the rocks were too heavy to carry—and sometimes when they were not. Working in the yard is really great exercise, but you have to protect your body when you do it, especially your lower back. That means that you should kneel when you pull weeds and plant flowers, not just bend at the waist.

But being male means that sometimes we try to take shortcuts, and that's when we can get hurt. After digging out the dirt to place a stepping stone, I thought I could just let it fall over into place—but I hadn't moved my arm enough. The stone landed on my forearm. Another inch higher and I would have had a broken arm, but instead it's just a nasty scrape and bruise. The lesson: don't take shortcuts and pay attention.

A note: due to the large volume of email questions about sunscreen, I'm going to do a special message on that Saturday; the allergy message will appear the following Saturday.

What are you prepared to do today?

*Dr. Chet*

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