



August 23, 2010 – Grand Rapids, MI

Let Them Play

As I was driving home from the store this weekend, it was raining as I turned onto my street. Two boys about four and six years old were riding their bikes up and down the sidewalk, and Mom was watching them carefully from under an umbrella. But the key points are that they wanted to ride their bikes and she let them. They'll dry off, as will their clothes, shoes, helmets, and other protective gear, and as hot as it's been in Grand Rapids, they're not going to get too chilled, even wet. I have to tell you, it was so great to see kids outside and having fun, rain or not.

There was double the fun in Grand Rapids this past weekend. They set up a 500-foot water slide on one of the roads that leads to downtown Grand Rapids, and it was raining to boot. When's the last time you played in the rain? Better yet, when was the last time you just played? Exercise doesn't have to be a punishment—we were created to move. Just like that Mom who gave her kids permission to ride in the rain, you have permission to play. Be smart but just have some fun, will you?

What are you prepared to do today?

Dr. Chet

WGVU FM 88.5/95.3 **npr** ***Straight Talk on Health***

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