



March 7, 2011 – Grand Rapids, MI

## Repetition

Paula and I recently joined a gym—but that's a story for another day. As I was working out on the elliptical trainer, a young man was shooting baskets on the basketball courts. At one point, he must have made 20 shots in a row from various positions, including past the three-point line. I finished that part of my workout and went to the track to run for 25 minutes. He was still there practicing his shots over and over. I hit the weights to determine my one-rep max in several lifts—and he was still practicing. I finally finished my workout, showered, dressed, and checked the court before I left. You guessed it—he was still practicing his jump shots.

You probably don't aspire to make your college basketball team, but you probably have some habits you've tried to change to make you stronger, leaner, and fitter. It takes repetition day in and day out to become better. Not just once in a while—every day. You need the reps so you can get better at it.

For example, you may have tried eating soups for lunch to see if that helps your weight loss efforts. How many consecutive days did you do that? One? Three? Or did you repeat it every day for a month to see how it worked? And to get better at it. What soups make you feel most satisfied? Which are too hard to prepare in advance? You have to play with the variables just such as that young man took shots from all over the court. When you find your weaknesses and work on them, repetition is the key to improving your health and fitness.

What are you prepared to do today?

*Dr. Chet*

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