



March 14, 2011 – Grand Rapids, MI

## Man Up

It's been fun going to the gym for the past couple of weeks. I get to see and hear so much. I don't talk much because once people find out what I do, I never stop answering questions. That won't last forever, but I'm relishing this time. Here's an example of why.

One of the guys in the locker room was getting ready to play racquetball. He had been talking to one of the other guys who happened to be a serious cyclist: he road for 2.5 hours the previous day in 34-degree weather. That's serious cycling in anyone's book. The racquetball player was trying to find his knee band. "Why do you need that?" asked the cyclist. Turns out that he'd had both knees scoped—arthroscopic surgery—and when he walks too many stairs, his knees let him know it. He's an indoor house painter, so he had done a lot of steps that day and his knees were already complaining.

But he wanted to play racquetball more than he cared about his knee pain. As he headed out the door, he said, "I'll just man up and play." He should have heard what the cyclist said. You'll get to read it on Wednesday.

What are you prepared to do today?

*Dr. Chet*

---

## **WGUV** FM 88.5/95.3 **npr** ***Straight Talk on Health***

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sunday in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to [www.wgvu.org](http://www.wgvu.org) and clicking on "Listen Live" in the gray bar at the top.

---

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

**Subscribe to the Message from Dr. Chet at [DrChet.com](http://DrChet.com) — © Chet Zelasko PhD LLC**