



March 16, 2011 – Grand Rapids, MI

Think Before You Man Up

I know the suspense has been killing you since Monday. After the racquetball player said, “I’ll just man up and play,” he didn’t hear the cyclist reply, “Manning up can get you a trip to the hospital.”

Wow. I couldn’t make up conversations as good as this real-life conversation. I was in the middle of toweling off, but I got a pen and wrote it down immediately so I had accurate quotes.

There’s a fine line here. On one hand, we need to push ourselves through discomfort as long as we won’t hurt ourselves worse. When it comes to aches and pains, I’ve got my share but I know the difference between pain and discomfort. I get the guy who’s had his knees scoped pushing himself; he’s had it repaired so he probably feels like it’s either do it or sit down. But he should have found the knee band first. It would help the stability of his knee and limit the chance of damaging it worse. Pushing yourself is fine as long as you take whatever precautions you need to take.

The implication of what the cyclist said is profound. Men and woman push themselves when they shouldn’t and end up hurting themselves. Thus the trip to the doctor’s office or hospital.

Or they ignore symptoms such as chest pain. As Paula has said many times, if it’s a heart attack, you don’t just walk it off. Thus the trip to the undertaker.

Yes, you should man or woman up to keep getting leaner and fitter. Just be smart about it and protect yourself, because if an injury takes you out of the game, you can’t be a winner.

What are you prepared to do today?

Dr. Chet

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

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