



August 17, 2011 – Grand Rapids MI

Tandem, Part 2

On Monday I talked about my observation on NASCAR tandem racing. When I first saw it, I thought it was odd, but you already know the first thing that came to mind from Monday's message. But I like to know the reason behind everything, not just in health matters, so I checked into it.

The reason for tandem racing at Daytona or Talladega race tracks is because the cars are altered to drop horsepower. Instead of winning because of the fastest engine, you can win because of the best aerodynamics of tandem racing. It takes amazing discipline because the person in the rear car can't see anything except his or her partner's trunk. Driver 2 has to have incredible faith in Driver 1.

Let's take a slightly different approach when it comes to our health than I did the other day. The driver in front is your health habits—the exercise you perform, the foods you eat, and the supplements you take. Or not. You can't really see what's in your future but if you follow what we know to be the best health practices, your odds of beating disease are greater.

Of course, maybe because of genetics you weren't blessed with the best vehicle, or maybe you've had some body damage during the years of your life. Those things can happen to you just like they can happen to those drivers who are racing. But you're not really flying blind because we know which health habits, on average, will get you across the finish line first. It all comes down to one thing:

What are you prepared to do today?

Dr. Chet

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