



October 10, 2011 – Grand Rapids, MI

The Flying Pretzel Boy

I spent a lot of time on planes yesterday: from Louisville to DC to speak to a few thousand of my closest friends, then home to Grand Rapids. On one of the flights, two young boys about seven and nine were flying together; they had visited their Dad and were now on the way back home. The younger guy got a blanket from the flight attendant and immediately started to get comfortable. He got his legs underneath him. He put his head on one side of his chest and stayed that way for most of the flight. Now, if you or I did that, we would have a sore neck—and forget about putting our legs underneath our bodies. Granted, we're a lot larger but really? We're not nearly as flexible. We've had a lifetime of connective tissue getting tighter and tighter.

I would suggest that you re-read the Saturday message about stretching. True, it was only about hamstrings, but you can apply the logic to any muscle group. We may never be flexible enough to fold into a pretzel like that little guy did, but we can be better than we are.

Paula and I are going to be on vacation for a week, so I'm going to send some of your favorite Messages from 2007 and 2008 until we get back. That was way before most of you got the message. If you want to hear even more of The Best of Dr. Chet, watch for some new developments.

What are you prepared to do today?

Dr. Chet

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