



October 26, 2011 – Grand Rapids, MI

The Right Bounce, Part 2

Just to review Monday's message, the Michigan State Spartans defeated Wisconsin this past weekend on the last play of the game, and one of the two meaningful things that happened on that play that I think has a bearing on our approach to health was the MSU player being in position to get the right bounce. We have to keep looking for solutions for what ails us.

The second thing was that the young man who caught the ball was met with considerable resistance. Senior receiver Keith Nichol twisted and turned and just managed to get the ball over the plane of the end zone. What many fans don't realize is that the ball doesn't have to completely cross the goal line for the play to be good—if the tip of the ball crosses the nearest edge of the line, it's a touchdown.

It had to be decided on replay, but the officials got the call right. But if he hadn't tried so hard to resist his defenders, it never would have happened.

Health? We have resistance in anything we have to do to improve our health. We have to schedule time for exercise. We have to choose to eat better at every meal. We have to adjust our budgets to buy the best supplements we can afford. All of those can certainly be considered resistance because if they were easy, we'd already have done it. Really, it's very simple, once you know what to do—once you get that right bounce, it all depends on how you handle the resistance you meet.

What are you prepared to do today?

Dr. Chet

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

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