



January 19, 2017 – Grand Rapids, MI

Exercise to Perform

Keeping with a Steeler theme, Pittsburgh won this past Sunday evening to advance in the NFL playoffs. They landed at about 4 a.m. A couple hours later, James Harrison, a 38-year-old linebacker and a star in the game, posted pictures of himself working out at the Steeler facility at 6 a.m. To say that's dedication is an understatement.



There aren't many 38-year-old linebackers in professional football—he's the only one. He eats clean. He is dedicated to his workouts. He gets treatment from acupuncturists and chiropractors weekly. If it's legal, he does it so that he can go out every weekend and do what he loves. Understand, he is undersized for what he does at six feet tall and 275 pounds. On a critical play in the game, a lineman 6' 7" and over 300 pounds had to grab him and drag him down to prevent him from disrupting the play. He needs every edge.

If we're going to really perform up to our ability, what do we have to do? The past two messages give us an indication. We have to take care of our bodies first and foremost. We may not earn the kind of money that allows massages and acupuncture every week, but we can eat better and we can exercise. We can dedicate ourselves to be the best version of ourselves that we can be. Eat less. Eat better. Move more.

One more on Saturday and believe me, I would never, ever believe I would talk about this player in a positive way. Don't miss it.

What are you prepared to do today?

Dr. Chet

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