



January 21, 2017 – Grand Rapids, MI

## Train to Perform

If you're a Buffalo Bills fan, the one single player you most likely detest is Tom Brady of the New England Patriots. For me, I have to double-down on him because he's also a Wolverine. But after reading the way he trains to perform, I have a new-found respect for this 39-year-old quarterback.



His attention to detail and his willingness to prepare for every game is legendary. But it doesn't stop with sports-specific activity. Brady does it better in all ways. For the bulk of the year, he's a vegan. During the season he does eat some meat. It's hard to imagine a professional athlete that can maintain a vegan lifestyle, but it doesn't mean he undereats; he just eats smart and all day long. He also meditates to help him focus, gets sports-specific massages every day, and gets plenty of sleep in special recovery sleepwear designed for athletes. Just like James Harrison, if it can help him, he will do it.

He concluded the interview by saying, "You can only work as hard as your ability to recover. I am confident in my process. It's really not that hard if you do the right thing." He knows what to do and he does it. He leaves nothing to chance in his quest to perform better.

How about you? If you'd like to perform better, watch for a special message tomorrow about this year's Super Bowl Webinar.

What are you prepared to do today?

**Dr. Chet**

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