



February 7, 2017 – Grand Rapids, MI

## Training Pays Off

Tom Brady is the best quarterback in the history of the National Football League. Ouch—that's tough for a guy from Buffalo to say, but after this past weekend, it's true. I talked about how his [dedication to training](#) and attention to detail give him the energy and focus to perform. But after all the training, you actually have to go out and perform, no matter what life throws at you. And the Falcons threw everything they had at him. He never quit and brought his team back to win Super Bowl LI. That makes five Super Bowl rings for Brady, the most of any quarterback ever.



Right now, the health goals you set are starting to appear in your rear-view mirror. Weight loss. Exercise. Quitting smoking. They're beginning to fade. Life has thrown obstacles in your way, no doubt. How have you responded? We're not talking about winning a game here. We're talking about winning back your life.

It all begins with your willingness to train. For us, that's how we perform day in and day out. Work towards being the best version of you that you can be. Get out those goals. Adjust them. Then get back after it. Just ask yourself one question:

What are you prepared to do today?

**Dr. Chet**

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