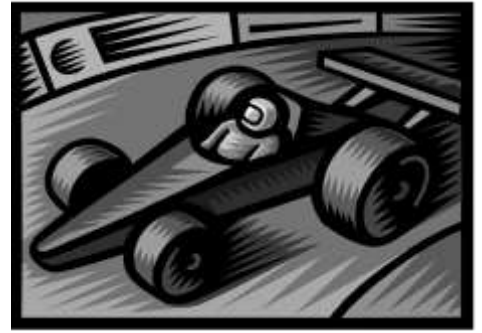


THE PIT CREW

Life is like a race.

When we go through life we are given a vehicle that has to last us the whole race – OUR BODY. This vehicle is not a cheap, thrown together heap. It is originally a high performance complex machine.



Imagine a person that is given a high performance racecar that is race ready. The only problem is the person doesn't really care about or know what the car can do, so they treat it like any other car. It is left exposed to damaging elements, and the paint fades over time. The cheap fuel is poor quality and creates knocks and pings. A few bumps and curbs knock out the alignment and the car slightly pulls. Bumpy roads have worn the shocks. The accelerator sticks and the brakes are worn and squeal. The fluids leak, but that is fixed by adding a little extra periodically. The engine smokes, but a can or two of "stop leak" seems to help for a while. The periodic electrical glitches cause lights to stay lit that shouldn't. This is "fixed" by removing the fuse. Finally, after years of use and abuse the piece of junk is scrapped. It never ran the race it was intended for.

Sadly, most people treat their body like the car mentioned above. We put poor quality fuel in our bodies and wonder why our bodies sputter and lurch through life. The bumps and jars of life affect our alignment and we don't address the problem, accepting the "pull" as normal. We rev our body way up and wear out our system trying to keep life under control.

The leaks and smoke that signal major problems are glossed over, waiting for the problems to get "really bad" before we do something. Signals meant to warn of major problems are fixed by taking out the offending organ that was giving the warning sign. We end life tired, worn out and falling apart and wonder how we ever got that way as if it were a mystery. We never ran the race we were designed for.



Do you live life never getting the most out of life or do you adopt the PIT CREW mentality?

What does a pit crew do? They tweak and tune a perfect engine to get the MOST out of the car. They constantly evaluate what is robbing performance and make the necessary changes. They only allow the best fuel and fluids to be used. They know the vehicle inside and out. The pit crew mentality recognizes the more you care for, and tune, the machine the more you get out of the vehicle.

So what are you going to do? Run the priceless vehicle you own into the ground or start the process of getting to know it inside and out and getting the most out of life.