

HIDDEN TREASURES

The WIAA requires anyone that is going to participate in sports to have a sports physical every two years. They are really basic physicals. Height, weight, blood pressure, listen to your heart, they ask how your feeling--do you have any aches and pains, and your on your way. The summer before my freshman year mom dropped me off for my sports physical and told me to call when I was done. I went through all the basic stuff. Surprise--the doctor said she wouldn't sign my physical. How can that be?? I am in high school. I want to play sports. I know I am a little overweight. But I am healthy. So what if I get a little out of breath when I run a hundred yards. I will outgrow that. I wanted to play football in high school. I was really looking forward to it.

As a 14 year old boy there were a lot of things I took for granted. My parents, my family, money, school--actually I took just about everything for granted. The one thing I really took for granted was my health. As young kids we are given all the treasures to be successful in life. The key is what we do with those treasures. I did everything possible to sabotage my treasures. I did everything I could to avoid exercise. I ate lots of junk food, and I spent hours on my video games. The results--high blood pressure--overweight--and no signed physical for high school sports.

What an eye-opener. At a young age I was learning one of life's valuable lessons. Life is just one of the treasures God gives us. I had to change my ways. And I had to do it quick. My short term goals were to play sports in high school. I wanted to play Football, Basketball, and maybe Baseball. I wanted to maybe go on to college and play sports. Maybe be good enough to get a scholarship. But what about the big picture? If I wanted to have a successful career, a family, and maybe someday grow old I was going to have to start taking care of myself now.

I decided today was as good a day as any to start. Tomorrow never gets here. I have learned to eat healthy, exercise two or three times a week, and keep my grades up. Making excuses for any of these is only hurting me. No one else. My parents can remind me how important they are but I have to set my goals and stick to them.

If you were to ask me what hidden treasures I have discovered I would tell you that there are so many. One is my health and that I was lucky enough to do something about it. Another treasure is time to make the changes that I need to. Like I said there are a lot of them--and I will get the chance to enjoy all the treasures life.