

### Encourage leg health

Stretching before and after w.o...swimming pool kicking..running in the water...ice baths (Gettysburg Camp, 7-11 couldn't figure out why all the ice was selling so fast)..learning difference between normal soreness and injury soreness (if it is a sharp pain probably an injury..if both legs sore, probably developing new level of fitness, but should still monitor non-meditation yoga

### Teach athletes to encourage teammates

Running is very self serving and very self centering...teach them to encourage others and take the focus off self..the first time I ran for Congress, a reporter asked why I signed my autographs with John 3:3-8..it serves as a reminder that when I became a Christian I started serving others

Off-season: encourage adopting a grandparent in a rest home and read to them once a week, paint someone's home, serve at a homeless shelter or soup kitchen, read stories at a childrens' hospital