



Ada Bone & Joint Clinic

presents

Common Sense

by

Dr. David Hubler M.D.

Board Certified

Orthopedic Surgeon

Don't

Logically there are a lot of things you don't want to do.

Don't eat more than your body needs. If you do, you get fat.

Don't say things you will regret later. You can't take them back no matter how hard you try.

Don't waste time on things that aren't really important. You can't make more time.

Don't expect to get stronger without exercising, it just won't happen.

Don't give up on your hopes and dreams. They are the reason for living.

Don't let past failures keep you from future successes.

Don't miss an opportunity to smile, it brightens everybody's day.

Don't talk when you could listen. You will learn more.

Don't let your kids watch too much TV. It will steal their imagination.

Don't forget to hug your family everyday. They need to know you love them.

Don't forget to pray, eternity will be a long time.

Don't miss the chance to find humor wherever you can. Laughter keeps you young.

Don't squat with spurs on.

Don't try to hide your broccoli in a glass of milk.

Don't pass up the chance to eat a warm chocolate chip cookie. Unless you already ate it as dough.

Don't always wait until the end of the meal to have a bite of dessert. Just call it a sweet appetizer.

Don't reach into a little boy's pocket, unless you want a real surprise.

Don't ask little Johnny what he is thinking in a public place unless you like to be embarrassed.

Don't ask me how I know all these things. Maybe I read a lot? Maybe not!

And last, don't throw this list away; pass it on to a friend.

By David Hubler MD

**Visit Dr. Hubler
at the**

**Ada Bone & Joint Clinic
520 N. Monte Vista Suite C
580-421-9900**

www.AGoodDoctor.com