

Consider the length of your career...

Basketball players are paid big money to wear out their knees on the court. Unless you also have an agent, you might want to take care of yours. NBA All-Stars average just over 11 seasons.* How long do you want your career to last?

*Jumping like this —
how long will his knees
last?*

**Jumping like this —
how long will your
knees last?**



Take care of your body so your career will last as long as you want it to.

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* <http://weaksidawareness.wordpress.com/2011/11/22/average-nba-career-length-for-players-details/>

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