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Subject: : Paflyfish General Forum

Topic: : Just call me Lefty....

Re: Just call me Lefty....

Author: : FiveWeight

Date: : 2013/6/26 6:52:34

URL:

I know I have a couple of ways to go here. The down time is a big factor. I know I could baby it along and just not go at things so hard but, I still want to be able to lift weights and act like I'm still 40 something even at 50 something. I find my left arm being stressed out and getting sore from all the extra use I'm putting on it now. Getting a good nights sleep is a problem without a hand full of Aleve... Wish I could just go to NAPA and get new parts! Thanks for all the input guys. I'll keep ya posted.