

Letter to the Editor

In response to Attorney John A. Tarantino's *The Story of My Health and Fitness Journey*



"Less is More...So I Say" - R.J. Resmini

No one has asked me to talk about health, but: I am 75 years old and continue to try civil cases. I appear on the Motion Calendar, depositions, Supreme Court, Memorandums, actively practice in Massachusetts, and still work at home following my leaving the office. I never take a sick day, and although I'm 75, no naps.

Never worked out a day in my life. Eat absolutely everything. For breakfast I have donuts and an iced coffee. Lunch, rarely, if ever. I do not conserve on the salt. Cholesterol and high blood pressure? I take medication. Glucose is acceptable, and before I go to bed every night I eat three candy bars and drink my only daily liquid – Coca-Cola (not diet)- no water. Never smoked or drank.

Athletically, I compete in golf on a regular basis and arm wrestle on occasion.

I am constantly prodded to watch what I eat, to exercise and other things in order to conform to the traditional idea of good health and maintenance. I resist.

Do I listen? Yes. Do I follow? Absolutely not. You have two choices: Go John's way or my way.

I choose the Resmini way. Best of health to all of us. With death my retirement.

And to my good friend John, best regards; you will **not** see me at the gym.