

## *A dentist goes back to his first love – Track & Field.*

*Read about the inspiring story of Dr. Stephen Chan, DMD . . .*

*A Biological Dentist in the San Diego area who is also a member of Team BeMore as a TEAM MANAGER, found his passion again with competitive Track & Field. All of which became possible because of BEMER!!*



“Track and Field has been my favorite sport. I was one of the sprinters representing the Philippines (but decided not to go), back in the Olympic Games of 1984.

Fast forward 33 years, I went back into the sport with the USA Masters Track & Field. Last year, I had to sit out due to injuries to my hamstring and quadriceps muscles during the competition. Sprinting is very explosive and the muscles involved have to be quite conditioned. I found out the hard way that my body is no longer the same body from back 33 years ago. Although my mind is the same. I can picture myself doing it and knowing what to do but the darn body would not cooperate. **Thanks to BEMER**, my recovery each time I get injured was very quick. I had no discomfort from a strained muscle after 36 hours. And I am back competing week after week. This year, I got better and won few medals at the California State Games and recently, against some of the current national record holders in the country this year. Without BEMER, my recovery would have been a lot longer. Next year - watch out! 🍌