



A Snap Decision Changed My Life

I was moving a hose when the fitting started to fall. I wanted to save the equipment, so I grabbed it.

Before that moment, I could bench press 250 pounds. That fitting only weighed 25 pounds but it twisted and ripped my bicep tendon.

I missed 15 months of work and now I can't lift weights, golf or play basketball.

That one moment changed my life.

Now I tell everyone: 'Assess, Analyze, then Act.' Your body depends on it.'

Tom Donatoni
Chevron Professional Driver



Tools for Life