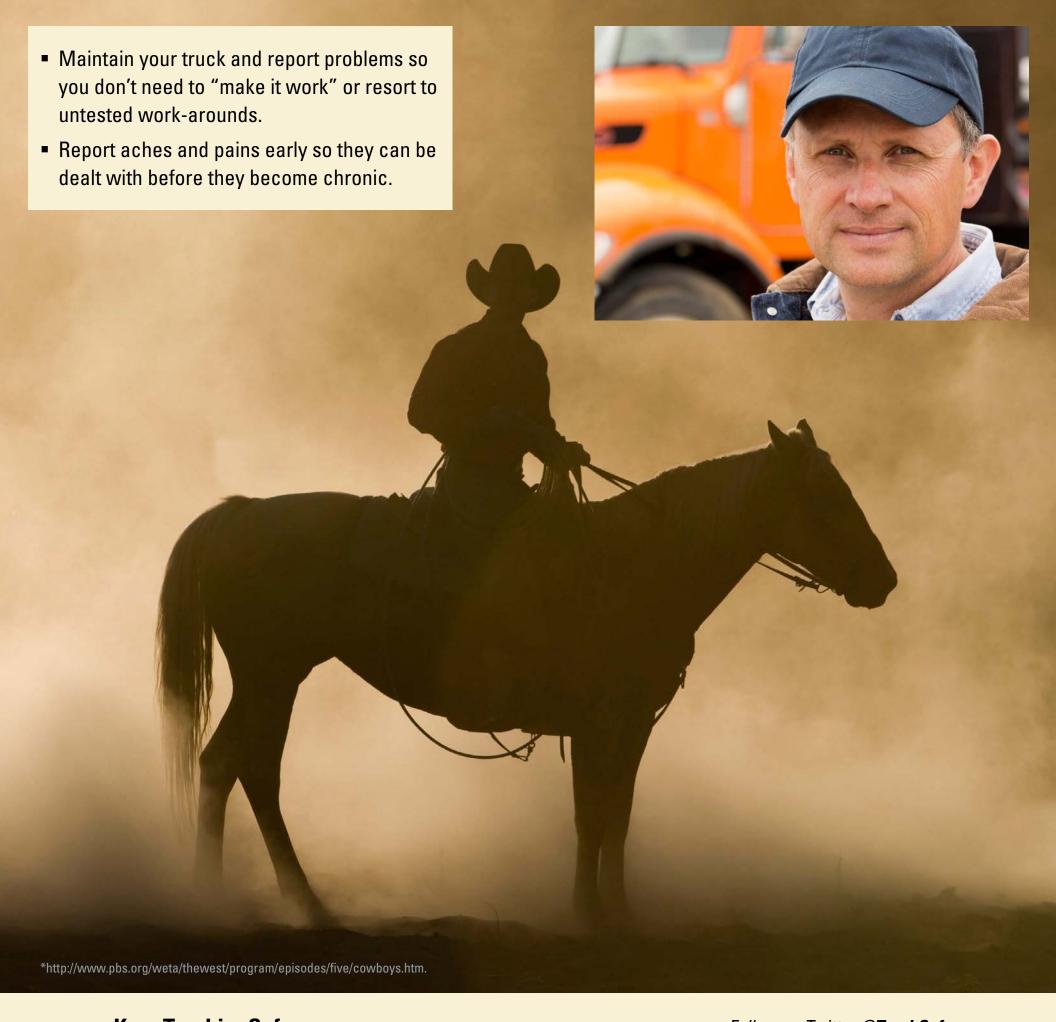
Cowboy Up?

I wouldn't recommend it.

We all love America's cowboys - tough guys with a can-do attitude. A career spent mostly solo, sitting on the back of a horse, may not be so different from the modern-day truck driver, who spends hours alone in his or her truck.

According to PBS New Perspectives on the West,* the average age of a cowboy was 24, and they were generally too injured to continue the job after age 30. Even optimism and a can-do attitude can't overcome the limitations of the body. If you, like the American cowboy, love the adventure and freedom of the open road, take good care of your body so your career can last for the long haul.



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