

At a Glanz...

Goal for the New Year



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I'm not a New Years Resolution type of guy. Never have been. If I wanted to do something on December 27, why wait till January 1? But this year is a little different.

Because January 1st, will always be a day of recovery, I'm going to make a pact with myself, beginning January 2nd. Slap myself in the face and get back to where I was this summer!

I have rarely been as mad at myself as I am right about now. During the summer I bragged how awesome I was and how much weight I lost. And you know what? I was awesome. I jogged five days a week and ate well and felt better than I have in nearly 20 years. But then I was goofing around, got pushed in a pool, got a concussion and stopped my routine. I exercised the next week but I also ate poorly. Now I barely exercise and I've gained 20 of the 40 pounds I lost.

So yes, I'm mad, angry, disgusted, disappointed and a lot of other bad adjectives at myself. But there's no reason for me to feel this way come February 15. That's just a random date but its around six weeks away form January 2nd. And as I've learned the hard way, that's how long it takes to change your body.

Back on August 27, I had abs forming. I could actually see my abs for the first time since I was 19!! I was down to 180 and on generous days my scale would go down to 179.8. Now I'm too scared to look but I know it's got to be around 200 pounds. So on January 2nd, I'm waking up early, brushing my teeth, showering, and then running. Then I'm going to shower again, and go to the store and cook.

Goodbye pizza, good by Dr. Pepper, goodbye beer. Well, beer maybe able to stay once very two weeks but that's it! My goal was to hit 165, which I never got really close to. My new goal is to get to 175 and maintain it. I was cocky, thought it would be easy and scoffed at a lot of people who told me it was going to be difficult. Now I know they were right and I was wrong.

But if I did it once I can do it again. And this time I can do it with the knowledge of how truly great I feel. I think I just need seven solid days in a row and go from there. So I need my fellow Long Islanders to think positive thoughts, maybe write me an email and cheer me on!

And oh yeah, this isn't a New Years resolution. It's just more practical to start it a day after New Years.