

# Here Goes Everything



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I interrupt my Elves story for a story far more important. The Rich Glanzer I knew and love does not exist anymore. He's somewhere trapped in this mind and body and wants to escape. And its time I let him out.

You see, the big 4-0 is looming for me. I don't want to die, but I don't want to turn 40 either. But on May 23, its going to happen. So I might as well be happy. And there's only one way for me to be happy. Lose the freaking weight that I've put on.

In 2008, I chronicled my diet. I went from around 212, to 179 in 3 months. It was probably a little more than 212 but I'm just estimating. I was amazing. I jogged 5-6 times a week, ate healthy six days a week and on Sundays I ate whatever I wanted. By the end of August, I could go anywhere with my shirt off and be really proud. I had the slight definition of abs, a skinny head and my waste size was a 34, just over the 33 it was when I graduated high school in 1990.

But then a pool injury took me out of my routine, and I just simply got lazy. As the months progressed, my belly started to return. Looking back at 2009, I still looked good for the first six months but I didn't know it. I thought I was fat again. So I was

depressed. And I ate. And ate. And now here I am.

I don't have the guts to go on the scale, but I'm sure it would say 225 or more. I hate that. HATE HATE HATE. Hate. Hate. So I've decided, with 3 months to go till I turn 40, its time I turn that HATE into something positive. Desire. Motivation. Intensity. Belief. Love. Love for myself.

Its only been 3 days, and I haven't started exercising, but I've started cooking. I'm not cooking the plain grilled chicken I ate for a month in 2008. I will not be able to tolerate just that for a month like I did back then. That was a diet, I'm in need of a life-style change. So I'm eating lamb chops and southwestern corn for dinner. For snacks, I'll eat some Cheerios and fruit. In 2008, there was no cereal.

Basically, I'm trying to save my life here. I know how happy I was in 2008. Its funny, because all my sports team lost in 2008, and I was never so happy. Now I'm on the biggest winning streak of my life. But I'd trade all of this success and lose every game, so I could be 2008 Rich again.

So here goes everything.