

Charlie's Creativity Podcast – episode #64 – recorded on Sat 2/6/10

I have to tell you about one of the most important transformations in my life! It happened in 2009 and started in March after a special Friday night with my good friend, the Rev. Jim Shuler. Lisa and I had Jim over for dinner, a couple of drinks and some WII sports competition.

We laughed, we played we talked late into the night. Then Jim said something that planted a seed for my transformation.

Oh, If you don't know me – my name is Charlie Gross. Thank-you for spending some time with me in this creativity podcast series. This is my 64th episode.

I offered Jim a second or maybe a third beer and he turned it down. He said that beer can keep him awake at night. Well that “seed thought” immediately took root and started growing like a bamboo shoot. I wondered if my evening relaxation habit of enjoying a couple of beers after about 9 o'clock was interrupting my sleep.

So..... starting the next day, I decided to relax on the couch with glasses of water rather than beer. I know, you might ask, is this possible? Well, yes it is. After a few weeks of this habit, maybe a little over a month, I started to lose weight. I think that I was sleeping a little better, but it was the loss of weight that grabbed my attention. This was pretty exciting for me. At the time, I was tipping the scale at about 208 pounds. After this new habit and a few weeks, I was down 3 or 4 pounds. So.... Then I heard that two key behaviors of weight change were drinking lots of water and frequently weighing yourself. So, then I ramped up my glasses of water and trips to the bathroom – scales. Oh, I then added the basic lunch menu of a nice salad and an apple and oh yea, water.

My weight kept going down. Then I started getting up earlier – since I had a better sleep, this was possible, and spending 35 minutes on the treadmill. Weight went down some more. Then I started getting dizzy spells – Oh, forgot to tell you, I was taking blood pressure medicine for about 10 years, so my heart doctor cut the dose in half.

I kept this routine up and in Sept, had lost about 20 pounds and was completely off the blood pressure medicine.

I'm now in an outrageously healthy routine and shed 35 pounds and teeter the scales around 172 or 173. That's only 8 pounds more than my High School graduation weight 39 years ago. I have more energy, a new set of clothes, a whole new look and a transformed life. All because of a comment from a good friend.

Thank-you Jim! You gave me a great gift and I am very grateful. It makes me wonder – what other small behavior changes can I make to reap other rewards?

What else can I learn from conversations with friends? How about you? What might be possible in your life? How are you sleeping? Working? Serving this world? I wish for you a creative week and a transforming year!

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