

Commitment Issue and What I'm Doing About It

Description

Don't we all have at least one commitment issue? Whether they're something big like getting married, or small like using the exact same bowl for dinner each day, I'm sure you've got 'em.

Luckily, marriage was never an issue for me, and I have no doubt about my sacred bond to be with my wife till death do us part. But, using the same bowl and spoon is one thing I actually struggle with. I'm just so partial to the dimensions and don't know how to eat with anything else.

But that's not the issue I'm writing about today. No, this is something I've been annoying Going Mom with for years. It's my goal to gain strength/weight.

The goal sounds simple enough, but is actually quite complex in my mind. All the way into part of my high school life, I was a heavy boy and hated how I looked. I was never obese or anything, but if I continued on the path I was on, that's how I'd end up. Over the years I educated myself on what's healthy and got into running. Eventually, I was a full blown long distance runner who could easily go out and run 12 miles without giving it a second thought.

Running was cool, and took a lot of dedication in training and nutrition, but after several years of marathons and running for distance, my strength was lacking. I've told this [story many times before](#), so I'll keep it short here.

I want to be a strong dad for Avery and for my own well-being. There will always be a place in my heart for long distance running, but for now I have to try and focus on building mass, which means lay off the running! Not completely, I'll still run a little to get my 'fix', but mostly sprints and maybe one longer run on the weekends.

Getting stronger means lifting heavy and eating more to provide fuel for muscles to grow. Without a surplus of nutrient-dense calories, your body has nothing to work with to grow. I've been lifting for a few years now and know the moves, but not eating enough is what keeps me from attaining my said goal; gain strength/weight.

I could go on forever getting more and more in depth on the subject, but the bottom line is find a strength training program, stick with it, and eat. That doesn't mean scarfing down pizza and burgers, I'll still make my own meals, just means I need to eat a lot more of it. Nutrient dense foods like peanut butter, or even better, [NuttZo](#), will be a big help here. And then, for my purposes, I need to ease up on how active I am each day. Something most of the world actually needs to do more of, I should do a little less.

If you want to talk with me more on this topic, please comment below or e-mail me at RCrown2@aol.com and we'll talk. For now, I am putting it out there that one of my goals, starting this June, is to gain weight in the form of mostly muscle over the next year and reassess from there.

Iâ€™m currently 5â€™10 and 160 lbs; my goal is to get to 175 lbs, so weâ€™ll see how well I do.

Why June? Well, I donâ€™t think anyone should wait for the New Year to start any of their goals, for one, but itâ€™s because I am turning 31 on the 8th and I want to be a stronger, happier husband/father by 32. Sorry to my wife, whoâ€™s heard me say this since before I was even 30, but hopefully by writing it out on my blog, Iâ€™ll have something else to hold me accountable.

I never had a problem with discipline or motivation to work out, but when it comes to eating more than Iâ€™m used to, and when itâ€™s mostly whole foods, itâ€™s not easy. I fear just gaining pure fat, Iâ€™ll admit it, even though I know the basic science behind how our bodies work, and that wouldnâ€™t happen as long as I train smart.

By the end of June, I hope to share my weekly training schedule with the thought that it will keep me from being sidetracked. Iâ€™m lucky to have such a wonderful daughter who is usually happy to train with me in the garage, so I should have no excuses.

Stay tuned for what else is happening this month and why you should care. Hint: itâ€™s for a good cause and Iâ€™m going to ask for generous donations! ðŸ™, *Default watermark*

Do you struggle with certain commitments?

Do you have a current training plan to gain or lose weight? *Despite my own issues, I am actually full of advice Iâ€™m happy to share if you ask.*

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