

GABRIELE

FITNESS & PERFORMANCE



Are You a Person of Character?

by Tom Langton

This week Vince and I had the opportunity to meet and spend some time with one of the most respected sports psychologists in the country, Dr. Rob Gilbert. Dr. Gilbert, along with being an author and motivational speaker, is a professor at Montclair State University. After some e-mail and voice mail correspondence, we decided to meet him face to face and he actually invited us to speak to one of his classes at MSU. It was a great experience and the chance to talk to Dr. Gilbert, even for a short period of time, was well worth sitting in North Jersey traffic.

As we were leaving, Dr. Gilbert gave us a few samples of his writing and this story was in one of his great books. It stuck out to me because I talk about character with our athletes all of the time.

Character is what you do when no one is looking

Phidias, the greatest sculptor of ancient Greece, was putting the final touches on the hair on the back of the head of his statue of Athena.

A local resident watched for quite a while and finally said "Athena will be 100 feet tall and will have her back to a marble wall. Who in the world will ever know all the details you're putting back there?"

Without even thinking, Phidias replied, "I will."

Again, this story reminds me of conversations I have with our clients on a daily basis. There are 168 hours in a week and we can only spend a fraction of that time with you. Here is a numerical breakdown for you to better understand my point.

| Client | Time IN GFP per Week | Time Outside GFP |
|---------------------|----------------------|------------------|
| High School Athlete | 4.5 Hours | 163.5 hours |
| Fitness Client | 3 Hours | 165 hours |

We could design the perfect program for whatever your goals may be, but if you are not taking care of your nutrition, sleep, etc. outside of the facility, there is only so much we can do. Now this may seem like a cop out on our part, but that is not what I am trying to do. Trust me, we want you to get results. Whether you are an basketball trying to jump higher or a accountant trying to lose body fat, getting you to your goals is our main concern.

However, there is a certain level of personal accountability that needs to be taken. I can't eat lunch with you everyday or be there with you at the cocktail parties on weekends. **The choices you make outside of the gym will help determine your results far more than what you do inside it.**

This leads us to our BOLT of the week. This one comes from former Heavyweight Champion of the World, Smokin' Joe Frazier.

"You can map out a fight plan or a life plan, but when the action starts, it may not go the way you planned, and you're down to your reflexes - that means your preparation. That's where your roadwork shows. If you cheated on that in the dark of the morning, well, you're going to get found out now, under the bright lights."

**If you have not heard Dr. Rob Gilbert's daily motivational talk,
pick up your phone and call **973-743-4690**.
It's FREE and it's awesome and you need to check it out.**

Gabriele Fitness and Performance

20 Locust Avenue

Berkeley Heights NJ 07922

908-464-4441

info@gabrielefitness.com

www.gabrielefitness.com