

# GABRIELE

## FITNESS & PERFORMANCE



## Stop Hitting the Snooze

by Tom Langton

This week's newsletter is coming to you from the road. Fellow GFP trainer [Joe Hartigan](#) and I are attending the Perform Better Training Summit in Providence, RI. This is a 3 day event where we have the opportunity to learn from and rub elbows with some of the top strength coaches, trainers, researchers and therapists from around the world.

Now, you may not be aware of this, but one criteria to work at GFP is to be a strength training/ fitness geek. We live for this stuff. We cherish the opportunity to learn from the best in the business and share that knowledge with our colleagues and clients.

One of the gems that hit me today had nothing to do with a new exercise or piece of equipment, but rather a train of thought. The more I learn and study, I see that there is one thing that separates the world class from the average. Whether your talking strength and conditioning, athletics or any field for that matter, success has little to do with talent or genetics, but boils down to a mind set.

So today, when I heard world renowned trainer Rachel Cosgrove tell me to stop hitting the SNOOZE button, it really hit home.

See the thing is, I LOVE to sleep. Seriously, I really, really enjoy it. I also love to talk about sleep. When people tell me they can't lose weight or drop body fat or get stronger, the first thing I ask is about their sleep - it's that important.

But on that same note, I played college football for a MANIAC coach and within 10 minutes of being on campus, I learned the "Lombardi Rule", which is:

**"If your early your on time, if your on time your late and if your late, your dead!"**

So there is my personal dilemma. My love of sleep vs. my ingrained fear of being late. In this scenario, the SNOOZE button is a dangerous thing.

But Rachel Cosgrove, being a world class trainer, was not referring to just SLEEP. She was using the SNOOZE button as to talk about certain mid set.

Everyone has used the SNOOZE button on their alarm clock. We have all told ourselves that we were going to get up early before work and train, but under the warmth of those early morning blankets, smash the SNOOZE button with authority.

The problem exists in the fact that we all have SNOOZE buttons in our minds. How many times have you told yourself you were definitely going to the gym today, only to have this conversation with yourself:

*"It's my best friend's birthday tonight and that only happens once a year, so I'll pick my training back up again on Mon....."*

**SNOOZE!**

Maybe this one sounds familiar:

*"I'll start eating clean tomorrow, we only get to go out to eat once a week and I want to enjoy....."*

**SNOOZE!**

Ok, I know this will hit home:

*"Tonight is the season finale of American Idol, so I have to stay up late, but 5 hours of sleep is....."*

**SNOOZE!**

Everyone has that SNOOZE button inside their head, it really comes down to how many times you hit it.

What are you putting off today? Did you train 3-4 times last week or did you hit your SNOOZE and find a reason not to?

How about nutrition? Did you eat clean yesterday or SNOOZE it up and save the healthy stuff for Monday?

What about sleep, did you stay up to all hours of the night surfing the web and continue to crush your SNOOZE button because you just couldn't log off?

The people that achieve their goals, the ones that are world class in whatever it is they do, they don't go near that SNOOZE. They simply take action.

They DO what they set out to do and don't hesitate, because we all know, that extra 7 minutes isn't really worth it.

*Please share any feedback, comments, questions or topic ideas with me. Write to [tom@gabrielefitness.com](mailto:tom@gabrielefitness.com)*

**Gabriele Fitness and Performance**

20 Locust Avenue

Berkeley Heights NJ 07922

**908-464-4441**

[info@gabrielefitness.com](mailto:info@gabrielefitness.com)

[www.gabrielefitness.com](http://www.gabrielefitness.com)