

DON'T BE A QUITTER!

...prepping for a healthy en-counter in the new year

by Joe 'Kirsch' Curcio

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So here we are - well past auld lang syne and vague reminiscence of Guy Lombardo & his Royal Canadian orchestra live from the Waldorf Astoria and Times Square in New York City. I now sit here in Brooklyn not far from there pondering the thought that the only ball drop that lingers now might just be the countdown to Quitters Day.

Yep, there's actually Quitters Day on the national calendar. It's ironically sandwiched somewhere between National Chocolate Covered Cherry Day and Strawberry Ice Cream Day both in January. It usually falls on the second Friday of the month and it's when more than half of us abandon our new year's resolutions including our promise of weight loss and healthier living. And although we certainly do realize that tank top season is just around the corner - unfortunately so is that new taco truck - and statistically we're destined to fail!

However, to paraphrase another fellow Italian *guy* - although not a band leader or from Brooklyn - Yogi Berra once said:

"...if ya know ware-ya-goin', you won't end up sum-place else..."

He was absolutely right! It's all about being prepared and getting ready that truly is the secret of success. Having an action-oriented goal that requires activities such as organizing, and gathering resources, aka getting prepared is 60% more likely to result in success. So, please slowly back away from that quesadilla-combo, turn off the YouTube video of The Andy Williams Christmas Special from 1969 and let's get ready because *"...it ain't over 'till it's over ..."*

For me my healthy path to *ware-I'm-goin'* includes plenty of selfishly reserved refrigerator and countertop space, and a very giving partner. Even after my weight loss of 70-pounds we still have a bending guideline in place in our house.

Thank goodness since my wife continues to move like a gazelle and can still do deep knee bends like Nadia Comaneci, anything located 3-feet or below is completely in her domain - that especially applies to the inside of the refrigerator. Having nothing to do with finance or status, it's only top-shelf for me...well at least when it comes to where my stuff goes in the fridge.

The more delicious contraband is banished to *my* unreachable zone way in the back of the bottom shelf. This isn't just because of the house bending protocol - the truth is that having that stuff on the top shelf, with the way those new Chinese takeout container lids are so tight and noisy to open these days along with that new plastic film pull tab packaging on the Oreo's, nobody was able to get any damn sleep in this house in the middle of the night anymore with all of that post-midnight ransacking and rummaging !

Not only do I keep a pre-cut and well stocked top shelf fully supplied in the refrigerator, but I also have a bit of a monopoly on the countertop.

In my ever-encroaching style I decided to take a few old plastic wonton soup containers (not the noisy kind) and decorate them with contact paper. I also printed nutritional information labels on the covers. Now everything from almonds to wasabi peas, and yep even leftover wonton strips are an easy reach on the kitchen counter.

Look! We've all had those overeating days - the kind where, after logging our meals into our tracking apps we were certain that it was going to auto-dial 911 to summon EMS. I even recall when I first set mine up. After entering my weight and other parameters I hit the "*create my plan*" button. The "*loading now*" spinner hung there for quite a long time until the app finally displayed:

"...Congratulations! The following health profile plan will allow you to achieve your target weight by August 16..... 2032...". WHAT?

Of course, I'm slightly exaggerating - BUT here I am in 2026 down by nearly 70 pounds!

Failure is simply an opportunity to begin again. There is no failure except in no longer trying. Sure, we're getting older – and now and then we even find ourselves nearly mistakenly saying *good morning* to some unfamiliar stranger in the bathroom mirror, only to realize that it's just ourselves. Sometimes after that startling morning double-take, I even break into a parody of an old song for my wife and partner of 45 years, singing: "*You make me feel brand new... in that refurbished, almost-out-of-warranty kind of way...*"

But growing old is no reason for us to ever celebrate Quitters Day. As a matter of fact, that very same calendar includes National Start-Over Day. It's all about starting anew, accepting past failures and making positive changes. As is true with our collective journey and challenges to stay healthy we have to recognize and grow through our temporary setbacks; prepare and refocus on moving forward, and embrace the fact that it truly "*ain't over 'till it's over*"

✱ IN THE FRIDGE/FREEZER			🔍 ON THE COUNTER
<ul style="list-style-type: none"> •Lettuce •Tomatoes •Peppers •Onion •Garlic •Olives •Celery •Cucumber •Banana peppers •Pickles •Sugar free jello •Hummus •Wraps •Beets 	<ul style="list-style-type: none"> •India relish •Broccoli rabe •Escarole and beans •Sauteed broccoli •Refried beans •Blueberries •Strawberry's •Frozen banana •Oranges •Apples •Salsa •Low fat cottage cheese •Protein drink 	<ul style="list-style-type: none"> •Papaya •Pineapple •Lemon/lime •Can't believe it's not butter •Avocado •Parsley •Whipped cream cheese •Whipped frozen topping •Sugar free flavored coffee creamers •0% fat plain greek yogurt 	<ul style="list-style-type: none"> •Almonds •Wasabi peas •Edamame •Nuts •Wontons •Croutons •Trail mix (home mix) •Olive, vegetable oils sprays •PB Powder •Onion, garlic powders •Salt & Sugar substitutes •cinnamon, pumpkin spice •Vanilla & almond extracts •Honey.

ABOUT JOE "KIRSCH" CURCIO

Joe "Kirsch" Curcio, a Tops online member from Brooklyn, New York is a former ABC radio and networks employee. Now retired, Joe maintains a 70-pound weight loss and has taken his A1C from nearly 12 to 5.4 with glucose levels as high as 300 down to a current average of 90-105.

He is the author of *"Ah-Shpet: 101 words you'll need to survive the neighborhood"* and *"The Welcome to Greenpoint Manuscript"*.

Joe generates over 2K monthly audience interactions on combined social media platforms as well as his website at www.GreenpointMusic.com. He recently has celebrated over 60K streaming media plays of his music and *audio/video antics*. He maintains a 55% engagement rate on Facebook as well as a 74% retention rate on YouTube.

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