



MY JOURNEY FROM 350 LBS TO 26.2 MILES
@joshgretz



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CONFERENCE



THANK YOU, THAT CONFERENCE PARTNERS!



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NVISIA



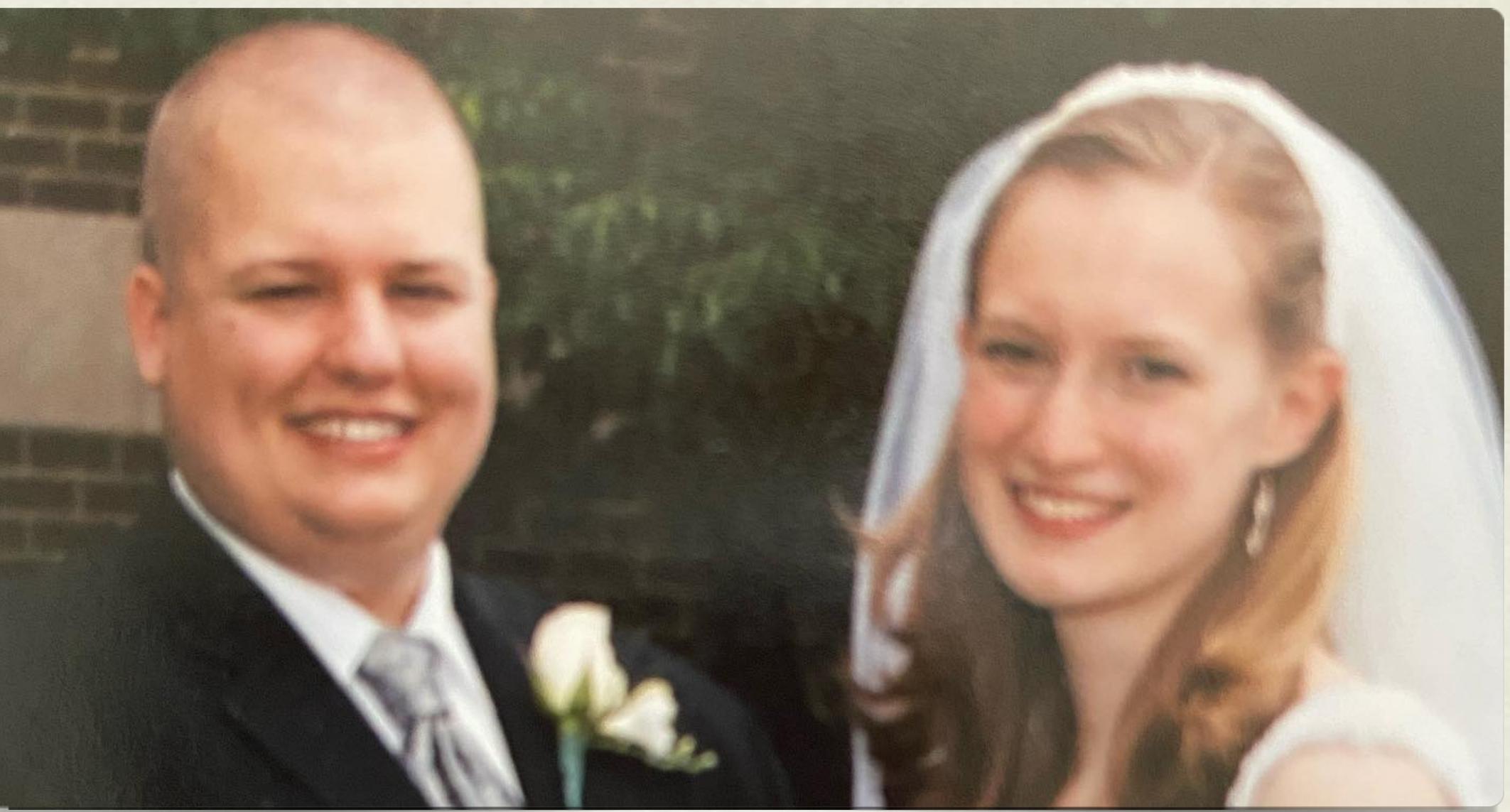
WHAT IS THIS TALK

- It's my personal journey and learnings
- YMMV
- Personal (no code!)
- Stories are important

WHO AM (AND WAS) I

- Husband & Father of 3 Boys
- From Columbus, OH (now in PGH)
- Athlete (just hid it for a while)
- Intern to CTO
- ADHD
- Storyteller







BEGINNING

March 2019



START WITH WHY

- Core
- Emotional
- More than a goal

FINDING MY WHY

- Burned Out (level 12) in 2017
- Spent the rest of 2017 and start of 2018 searching
- 2018 was learning and accepting who I was
- March 5, 2019

“There are years that ask questions and years that answer.”

-Zora Neal Hurston



“Not everything that is faced can be changed, but nothing can be changed until it is faced.”

-James Baldwin

MAKING A PLAN

- Big Hairy Audacious Goal
- Seinfeld Strategy
- Define Metrics
- Carrot & Stick
- Support Structure

DAY 1

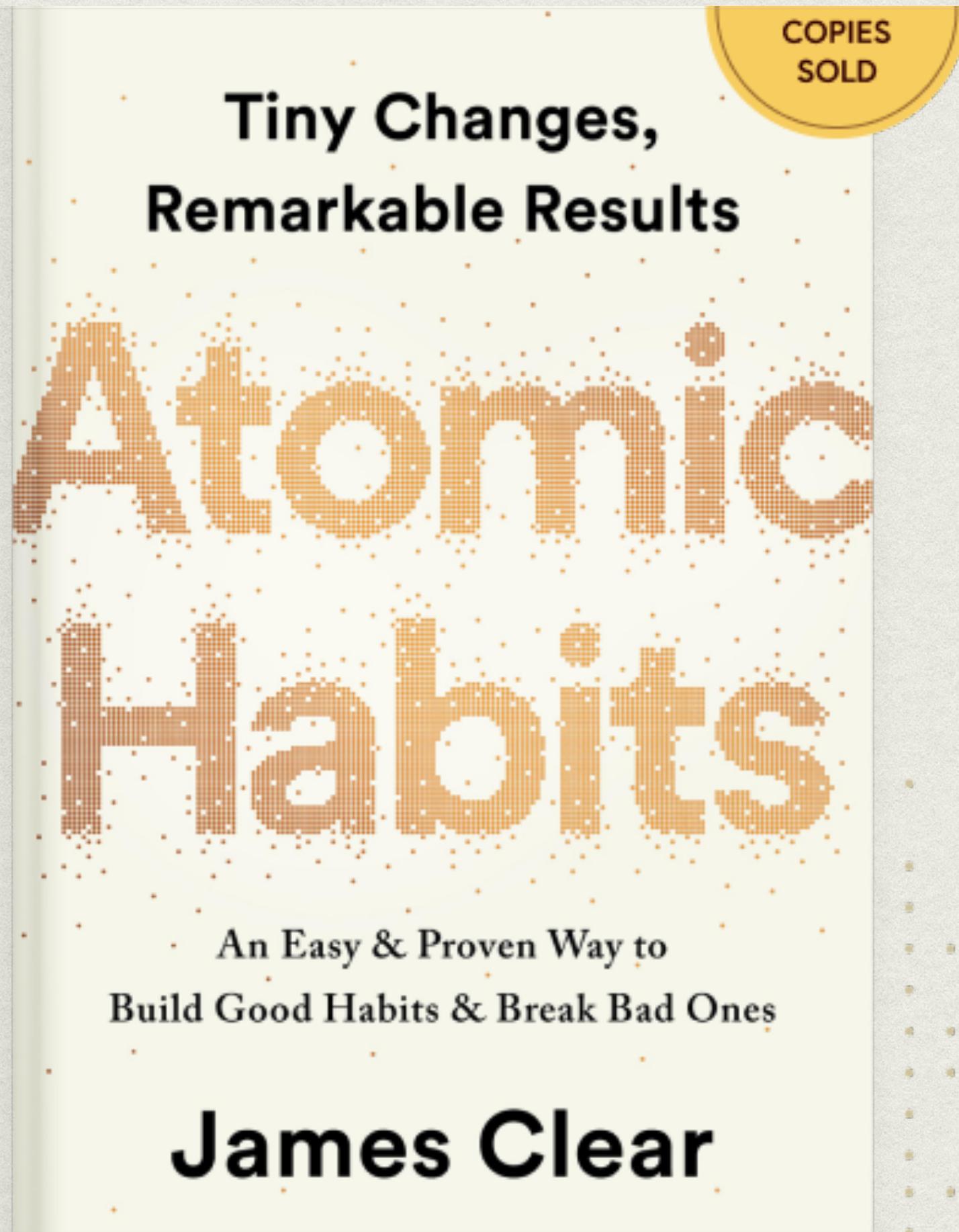
- Invest Early
- Optimize for starting
- It sucked (bad)
- Show up



“Every action you take is a vote for the type of person you wish to become.”

-James Clear

HABITS > WILLPOWER

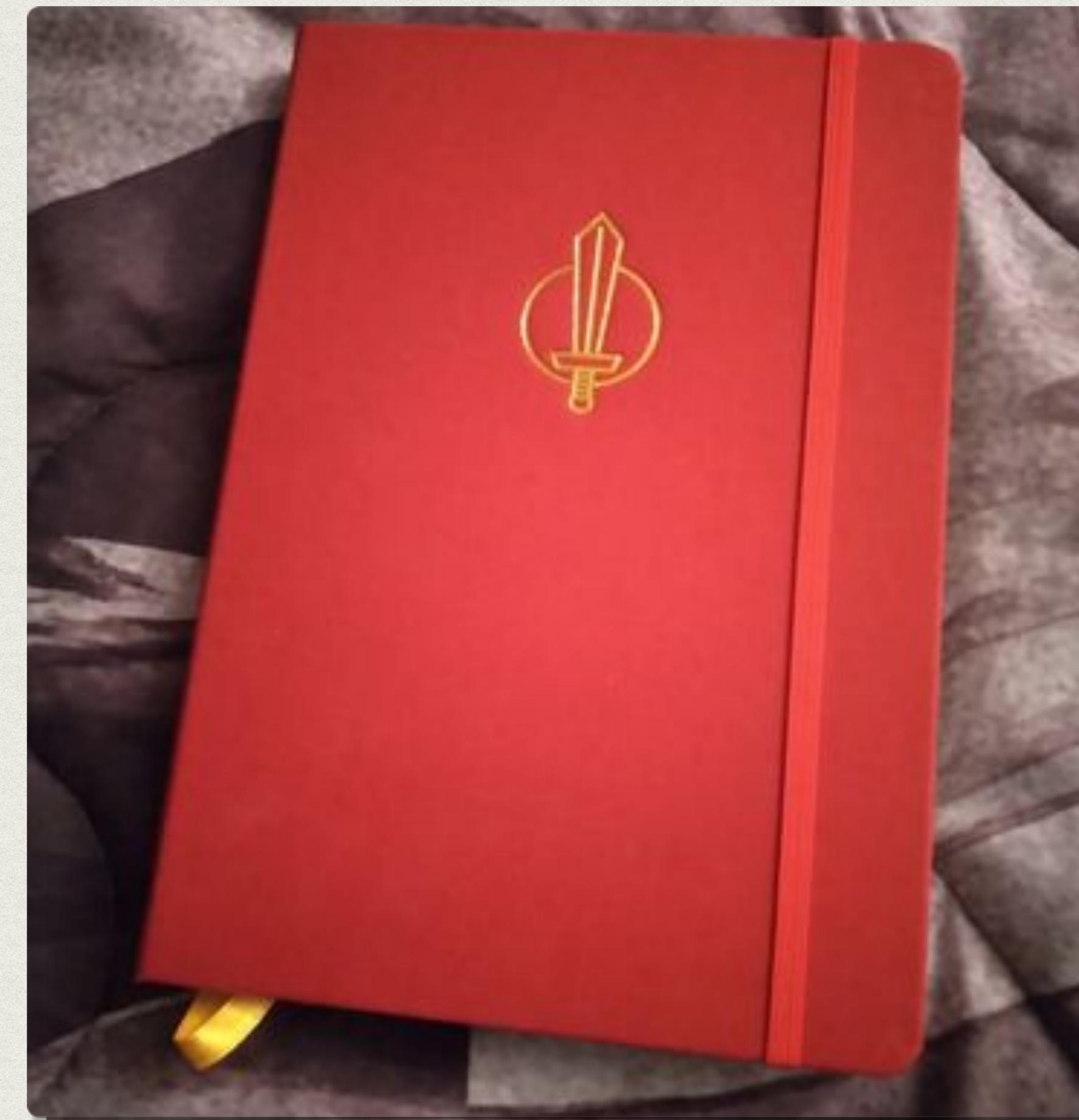


- Get 1% better every day
- Eliminate bad & establish good
- Evaluate your environment
- <ad>Buy this book</ad>

“The best way to change long-term behavior is **with short-term feedback.**”

-Seth Godin

HERO'S JOURNAL



BACK TO THE STORY



CHRISTMAS 2019



WATER SLIDES !!!!



GRINDING

- There will be setbacks







GRINDING

- 10,000 Hours
- Find Distractions
- Celebrate Growth

“There is nothing noble in being superior to your fellow man; true nobility is
being superior to your former self.”

-Ernest Hemingway

MONUMENTS

- Choose A Deep Meaning
- Regular Baseline
- Drive Choice & Behavior





FINISHING THIS ADVENTURE

- Reached my final weight goal (160) on 9-27-20
- Ran 1/2 marathon on the elliptical on 10-6-20
- Success brought fear



FINDING THE NEXT ADVENTURE

- Important to keep going to not regress
- Build on success, but keep it fresh
- Friend suggested I try running
- 1st goal was 1/2 marathon in April 2021

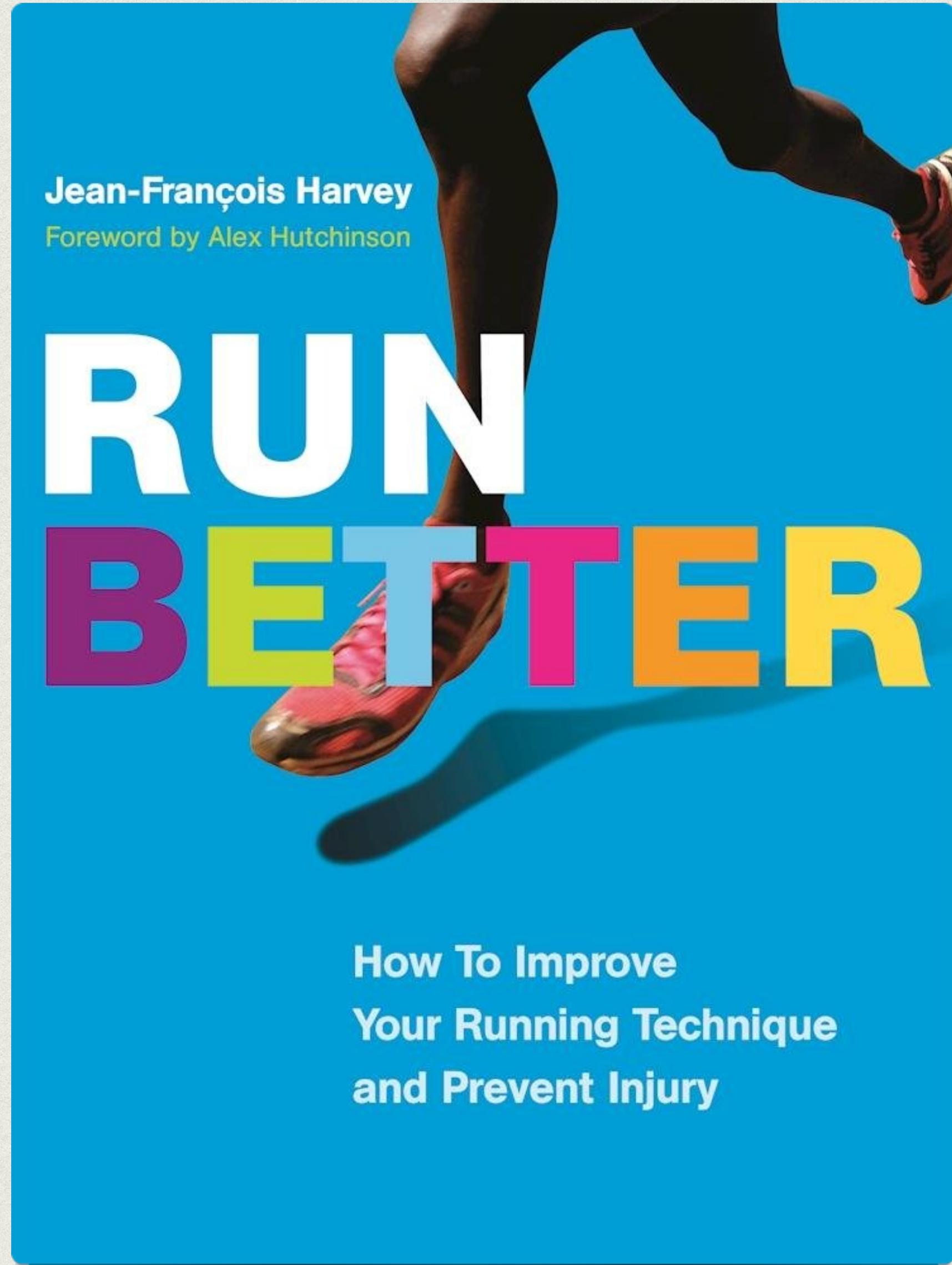


RUNNING (GRINDING 2.0)



- 10,000 Hours
- Find Distractions
- Time To Think: Running ?= Hammock
- Keep your easy days easy
- Celebrate Growth

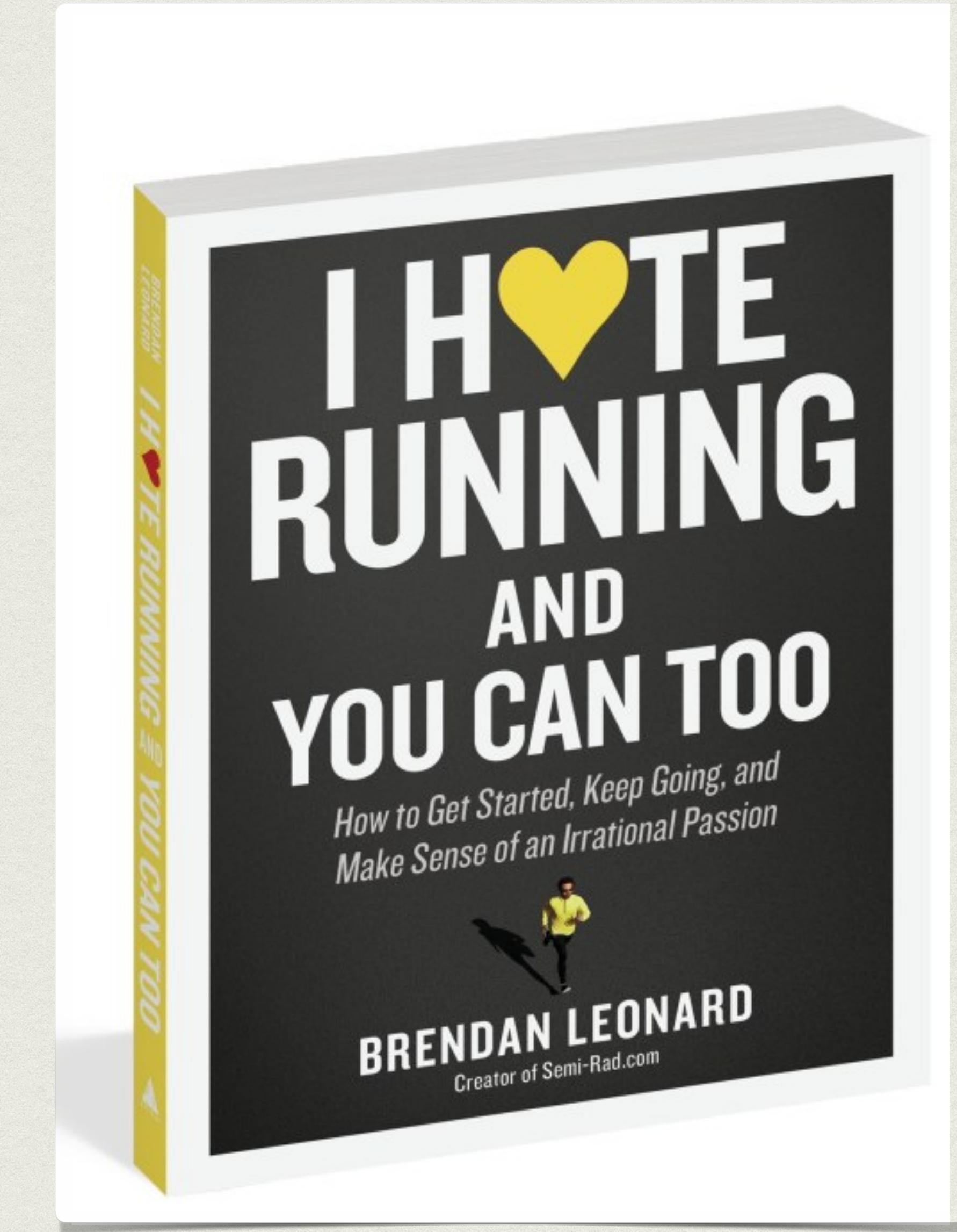
RUN BETTER





I HATE RUNNING

And You Can Too



“Run the Mile You’re In”

- Ryan Hall





JOSH'S STORY

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Runner Feature: Josh's Story

06.14.21

The 2021 Yinzer 4.12K, hosted by Light of Life Rescue Mission, is changing course this year with a brand-new distance that celebrates the city of Pittsburgh's famous area code. Changing course is not always easy, but for one runner and his family, this idea of changing course for the better resonates strongly. Josh Gretz will be participating in this year's Yinzer 4.12K with his wife and children, something he would have never imagined back in 2019.

Standing at 350 pounds with his 37th birthday quickly approaching, Josh Gretz, of Cranberry Township, knew he needed to make a lifestyle change. On March 5, 2019, Josh made a decision that would ultimately lead him to a healthier, happier life, as well as a newfound love for running. That night, he decided to purchase an elliptical machine and make a pact with his family that they would exercise for at least 20 minutes every day. From that day forward, Josh quite literally took off running and never looked back.



TODAY ON THE SHOW TOKYO OLYMPICS FOOD SHOP HEALTH & WELLNESS PARENTS POP CULTURE TMRW



Dad loses 190 pounds thanks to a deal he made with his 3 kids

Having his children encourage him kept Josh Gretz accountable and helped him lose nearly 200 pounds.

July 26, 2021, 11:26 AM CDT / Source: TODAY
By Meghan Holohan

As Josh Gretz's career progressed, he took on larger projects to advance. But that often meant he skipped exercising and eating healthy foods. As he reflected on his life before his 37th birthday, he realized that his self-image wasn't entirely accurate. While he still viewed himself as athletic, he was 350 pounds. That's when he decided to make some changes.

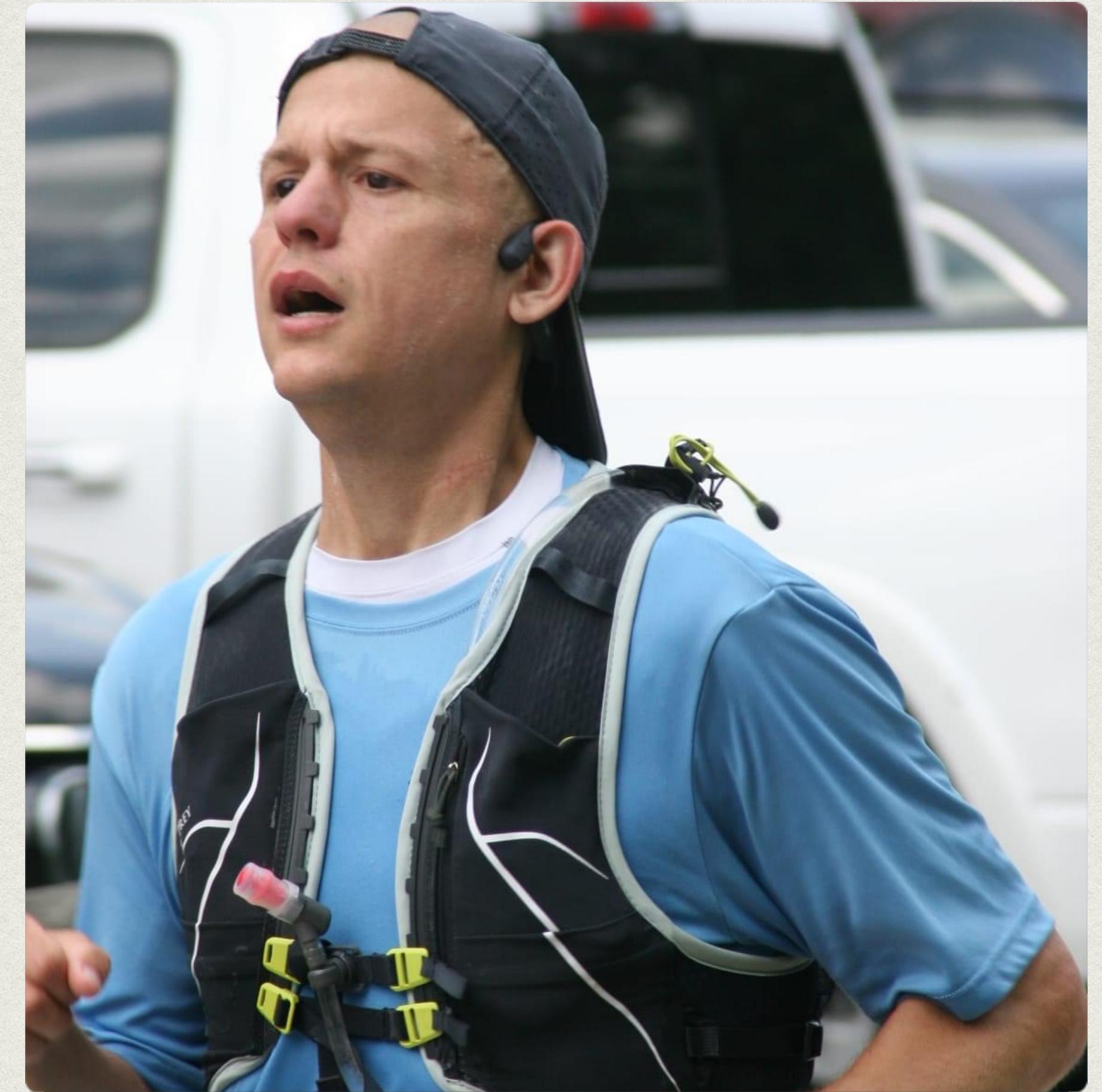
"I realized that my kids had never seen that person. They had only seen me when I was larger," Gretz, 39, chief technology officer of a software company in Cranberry, Pennsylvania, told TODAY. "For whatever reason that struck me at a really deep level and I wanted to get back to that image I had of myself."





UNEXPECTED CHALLENGES

- Fear of Food
- Loose Skin
- Pelvic Floor (guys have them too)
- Body Dysmorphia
- Imposter Syndrome
- Tyranny of the Faceless Other



MINDFULNESS (AND STRETCHING)

- Introspection
- Meditation
- Yoga
- Chi Running?



NUTRITION

- Veggies
- Fiber
- Protein
- Other Supplements



FINDING THE NEXT ADVENTURE (3.0)

- Sept 4, 2021 (TT Marathon)
- Oct 17, 2021 (Columbus Marathon)
- Jan 16, 2022 (Louisiana Marathon)
- 40 Miles on My 40th in Japan



FINDING THE NEXT ADVENTURE (4.0)

- Boston Qualifying Time
- 50 in 50



REFERENCE

- Start With Why
- Sondheim, Seurat, and Software: Finding art in code
- Built To Last
- Seinfeld Strategy
- Atomic Habits
- The Hero's Journal
- Outliers
- Endurance: Mind, Body, and the Curiously Elastic Limits of Human Performance
- Hammock Driven Development
- Tyranny of the Faceless Other
- Calm
- Sara Beth Yoga
- Sydney Cummings
- Predictably Irrational
- Run Better
- Incrediwear Knee Sleeve
- Knees Over Toes
- I Hate Running And You Can Too
- Chi Running

WHERE YOU CAN FIND ME

- <https://www.strava.com/athletes/joshgretz>
- <https://www.instagram.com/joshgretz/>
- <https://github.com/jgretz>



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