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[devjfl1](#) Thursday: Day 6 of the GOUT ATTACK! But I'm fighting back! Back to work! Pain? Sure, but it can go straight to H*LL - it ain't going to run ME!!!!
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Sabathia Loses Weight to Gain Leverage

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Written by [kylestack](#) on 2/28/2011 9:13 AM

The cutthroat world of professional sports requires athletes to constantly evolve their abilities. If they don't, they jeopardize their place on their team, and possibly a lot of money. When the time comes for contract negotiations, the smart players come prepared with leverage. This is what New York Yankees pitcher CC Sabathia has done by losing 25 pounds this past off-season.



I think it was a calculated measure to give him the upper-hand in future contract talks.

Sabathia has an opt-out clause that can be activated following this season, as part of the 7-year, \$161 million deal he signed with the Yankees in December 2008.

Sabathia's weight loss, from 322 pounds to 297, was, in my view, intended to lessen stress on his hips, knees and ankles. The fact that he accomplished this by kicking his habit for a kids' cereal was a light-hearted side note.

It was reported that Sabathia dropped his insatiable demand for Cap'n Crunch cereal, which contains 12 grams of sugar per serving. Sabathia revealed that he used to consume an entire box of Cap'n Crunch in one sitting. That revelation overshadowed his other dietary changes.

Sabathia said he also stopped drinking Gatorade—5 to 14 grams of sugar per serving—as part of a dietary goal to cut sugar. He hired a dietitian to incorporate more vegetables and lean meats into his meals. It certainly is a way for him to protect his body. By doing that, he can possibly score another mega-deal following this season. If he throws as well this season as he has in recent years, he can cash in on another long-term agreement with a higher per-season salary.

It's incumbent upon Sabathia to show his future employer -- the Yankees or another team -- that he values his health. That he's done it by eliminating parts of his diet that he formerly valued shows just how much even the world's richest and most celebrated athletes have to gain.

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