

Theresa

[My Page](#)  
[Edit](#)

You have no requests  
No new notifications

[My Blog](#)  
[Write a Blog post](#)  
[My Posts](#)  
[My Message Boards](#)

[POINTS® Tracker](#)

**My tokens**

To send and receive tokens, make some friends by using the [Friend Finder](#), or participating in a [Group](#).

**My status updates**

**contentmen**  
Tell people what you are doing right now

**Edit**  
[See more](#)

**What my Friends are up to**

Find Friends by checking out our [Friend Finder](#).

**My Group updates**

**Get more involved with the community.**

[Find a Group that's right for you!](#)

[Start your own Group here.](#)

**My Challenge updates**

Make a game of it. [Participate in some of our Challenges.](#)

[Create your own Challenge here.](#)

# Stack on Sports

[Edit]

## Cubs' Soto sheds weight

[Edit](#), [Remove](#)

Written by [contentmen](#) on 06/02/2010 7:29:45 AM

Chicago Cubs catcher Geovany Soto might be only 27 years old, but he's already wise beyond his years. The backstop suffered the famed sophomore slump in 2009 after a superb rookie season as his batting average (.285 to .218) and slugging percentage (.504 to .381) plummeted almost beyond comprehension.



As one of the leaders of the team, Soto wanted to show his teammates and coaches that he meant business heading into 2010. So the 6'1, 240 pounder began an offseason program that enabled him to lose 40 pounds, according to his count.

"I felt I needed to go to the next level," Soto said in an MLB.com article. He's looked better as a result. Soto sported a .260 batting average and a .415 slugging percentage through his first 44 games, showing that he's improved far beyond his struggles of 2009.

As part of the 40-pound loss, Soto formed the core of his diet around fish, chicken and vegetables. As a result, his waist size dropped from 42 to 36, which should ease some of the back pain that he's susceptible to given the physical nature of his position.

Not only does Soto gain credibility with his teammates by proving he's willing to work hard to gain respect, he has set a path for himself to have a healthy future.

One of the many benefits of setting chicken, fish and vegetables as the foundation for a new diet is the foods' versatility. Whether you grill or bake the fish or chicken and pair them with brown rice or whole-wheat pasta along with steamed vegetables, the grocery store can become a veritable playground for a reformed diet.

**Categories:** [Food](#), [Health](#), [Sports](#)

[Report this post](#)

**Share:**

[Digg](#) [Facebook](#) [Del.icio.us](#) [MySpace](#) [Twitter](#)

**Leave a comment:**

**Submit**



[sugarlane](#)

06/02/2010 7:33:26 AM

I love Soto! I got to watch him quite a bit when he was an I-Cub. Go CUBS!

[Report this post](#)

[see all](#)

[Learn our Ground Rules](#)