

Kyle

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



WeightWatchers' Contributor

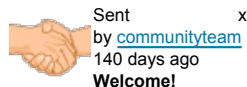
Sports Stack

[Edit]

You have no requests
70 new notifications

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

My tokens



Sent by [communityteam](#) x
140 days ago
Welcome!

[See more](#)
[Send a token to a Friend](#)

My status updates

kylestack

Tell people what you are doing right now

Edit

[prosparkwest](#) one more shred down - 25 to go!
11/30/2010 9:26:31 AM

[pedrog263](#) What a stressful day at work! At least, it did not interfere with me working the program! At last, I tried not to anyway. I even tracked my entire day online for the first time. More on that in my next blog post!
11/29/2010 11:16:13 PM

[prosparkwest](#) shredded twice today - 26 to go!
11/29/2010 6:52:07 PM

[See more](#)

What my Friends are up to

[pedrog263](#) wrote on [pedrog263's blog](#).

[sydney321](#) wrote on [sydney321's blog](#).

[prosparkwest](#) wrote on [prosparkwest's blog](#).

[See more](#)

Sandoval Must Weigh Career-Altering Decision

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

Written by [kylestack](#) on 11/30/2010 7:51 PM

You can get a sense for Pablo Sandoval's physique just by running through his nicknames. The San Francisco Giants' 23-year-old first/third baseman is often referred to as Kung Fu Panda, but even Round Mound of Pound has made its way into his list of monikers. Each nickname hints at something which could affect Sandoval's playing future: The Giants feel he hasn't managed his weight very well.



His talent isn't in question. Sandoval hit .345 in limited playing time in 2008, then followed that by posting a .330 batting average with 25 homers and 90 RBIs in '09. Yet the weight he packed on his 5'11 frame was questioned by the Giants, even after the '09 campaign. The front office ordered him to shed at least 15 pounds off his 275-pound frame by participating in a strict diet and exercise regimen that off-season. Rather than consume his normal helpings of pizza and fast food, Sandoval ate fruit, vegetables and lean meat.

Sandoval arrived at 2010 Spring Training weighing 262 pounds. It's questionable whether he can play every day and remain spry at even that weight, but Sandoval gained back the pounds he had lost over the course of the season. His poor production—.268 batting average, 13 homers, inability to reach ground balls that even average third baseman should collect — reflected his weight gain. He was moved to first base, since that position is less physically demanding. He was benched at times in the postseason. The guy who received nearly enough fan votes to become an All-Star in 2009 couldn't even get consistent playing time during the Giants' 2010 World Series run.

That realization has led the Giants to threaten Sandoval with a demotion to Triple-A Fresno if he can't cure his weight issues. They're not sticking him on any sort of regimen this time. Instead, they're allowing him the freedom to make his own dietary and exercise choices, to test his desire. I hope for Sandoval's sake that he realizes the opportunity he has in front of him. He can become once again become an All-Star level player, and this time it can happen for a defending World Series champion. He has the talent to become the Giants' best player -- he just needs to take better care of his health.

Categories: [Fitness](#), [Health](#), [Sports](#)

[Report this post](#)

Share:

Leave a comment:

Submit

[see all](#)