

Mike Skeie

Healthy Hall of Fame: Fall 2016

The Start: After sustaining an injury to his left knee, Mike was left unable to exercise like he did when he was in the Air Force. Ultimately, this led to unwanted weight gain. In February of this year, Mike decided to make some changes and has lost over 50 pounds!

Goals: Mike's journey continues! Mike has set goals for himself in 3 phases. Phase 1 being complete, he's ready to tackle phases 2 and 3. His end goal is to lose 155 pounds in 2 years. Each phase is comprised of roughly 50 pounds over the course of several months.

Progress: Currently, Mike is exercising 5 days per week and tries to get 10,000 steps a day! He has completely cut soda out of his diet, decreased carbohydrates, and limits his calorie intake. He is focusing on eating more proteins and vegetables especially when snacking in the afternoon. Mike is also using a daily stepper and logging his food with My Fitness Pal to keep track of his progress.

Inspiration: Mike's wife is younger than him and he wants to make sure he can keep up with her and live for a long time. He's motivation sometimes comes from others and when they simply say, "You're looking good man!" or "Have you lost weight?" It gives him the push he needs to keep at it. He says, "It feels better being fit" and enjoys shopping for clothes in small sizes. He is often motivated by activities held on campus through the Red Devil Wellness Program, such as Walktober and the quarterly fun/run walks.

Tips: He would advise others to make healthy changes for themselves and not because someone tells you to. He mentions that it is helpful to get a family member or friend to join you in the quest for a healthier lifestyle because it can be fun to share the experience with others.