



Louisiana Athlete Participates in SONA Training

Susan Murray, Athlete Program manager spoke with Mikey Love toward the latter part of February regarding the Athlete Leadership training that was done with Brandon Schatsiek and other Athlete Leaders from across SONA. Mikey is honored to be a part of the SONA leadership training and is excited that there were several topics that athletes can take part in such as “Communication or Virtual Programming”, “Unified Leadership or Diversity” and “Equity and Inclusion”. Mikey is working on “Communication and Virtual Programming” as he has his own Podcast as well as serving as a guest speaker on Special Olympics Louisiana's Podcast periodically. Mikey and Susan also discussed how he could enhance his Podcasts with the Health Messenger portion and who he needed to target...athletes first or their parents/caregivers, as Mikey believes that he should reach out to the parents/caregivers first because they primarily have access to social media; i.e., email, Facebook, etc. Mikey wants to make sure that athletes and parents/caregivers realize how important good health that includes health habits and exercise daily is and the positive impact it has toward good health. Mikey has lost close to 20 pounds since becoming involved in SO health & fitness through changing his eating habits and exercise which has also impacted his whole family to begin healthier habits daily. Becoming a part of SO health and serving as a Health Messenger and resulted in lifestyle changes for Mikey and his entire family too.

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