



USA Games Weight Loss Challenge

Since implementing the USA Games Fitness Challenge of a collective weight-loss goal of 1,000 pounds, we are well on our way to success. Carson Phills, Manager of Unified Initiatives & Fitness is sending out reminders, has received starting weights at the onset of the challenge and goals of not only the athletes, Unified Partners and Coaches but staff of SOLA as well. SOLA understands not everyone needs to lose weight, however, we are encouraging them get moving by exercising and make better decisions regarding the foods they eat and beverages they drink. One of our athletes, Mikey Love, has begun his weight loss journey and is posting on social media about how he has made better food choices and is eating healthier has changed his body shape. This, in turn, is helping his performance at swimming and his other activities.

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