

Steven Boyer

Healthy Hall of Fame, Winter 2016

Inspiration for Change: When Steven Boyer was out hiking with his kids and he realized he couldn't keep up, he knew it was time for a change. Steven's first change was to cut out smoking and drinking (about 6 years ago), however, he still loved to eat, and that, coupled with an inactive lifestyle led to the scale reaching almost 500 pounds. After taking a Health and Wellness class 3 years ago, he bought the book Calorie King, and made some changes to his diet, mostly by decreasing his portion sizes and limiting calories to 1,000-1,500 per day. His weight began to drop fast. From his initial weight of close to 500 pounds, Steven has lost 185 pounds of fat and gained at least 20 pounds of muscle. He is currently at a weight of 335 pounds.

Current work-out and eating plan: Steven quickly realized that dieting would not be enough so he started with active house chores as his work outs. He would sweep and mop and work up a sweat. Then, his 15 year old daughter jokingly suggested a Squat and Ab Challenge to which he rose to the challenge. Now, Steven works out 5 times per week at home with his daughter and wife. Every day after dinner he and his family go on a short bike ride, then come inside for a work out with squats, standing bicep curls, sit ups, bench press and crunches (with music going for extra motivation). The total work out takes about 45 minutes.

Sticking with it: "The support here at LCC" combined with the different challenges that are always going on such as Walktober and the Bingo challenge has really motivated Steven to stick with his healthy changes. He gets bored by routine so the different challenges and activities here at LCC plus the support of his colleagues really helps! He was also able to go on an 8 mile hike last summer with his family! Steven has had a party each time he reaches a goal weight. For reaching 400 pounds, he took the family camping and when he reaches 300 pounds (which will be soon) he will take his family on another hike.

His next goal? To lose another 100 pounds. However, his goal is not so much to lose the weight but to spend more quality time with his family and be able to participate in activities with them. He's found that the two goals go hand in hand.

Words of Wisdom: When asked about his secret for losing weight, he leaned in and whispered, "*diet and exercise.*" Steven's advice for others trying to reach health goals is to "start small". He started with small goals, 20 pound increments because the big picture of losing 200-300 pounds was too overwhelming. He also recommends that people "educate themselves" on things like calories and serving sizes and be aware of what you're putting into your mouth. "Set small, realistic goals." This makes a "giant job more feasible," and you can exceed your expectations and experience success!