

OCTOBER 2023



MIKE SAYERS
MEMBER OF THE MONTH

ONEIDA FAMILY FITNESS



MIKE SAYERS

Share a little something about yourself.

I am married to my beautiful wife, Kate, and we are blessed with four adult children and 7 (and counting) grandchildren. I have been employed with the Oneida Tribe for 18 years as a Clinical Psychologist with Behavioral Health.

What motivates you to work out?

Exercising provides important balance in my life, benefits my mood, mental fitness, and allows me to continue to do the activities that are most important to me.

Have you had any setbacks? And if so, were you able to overcome them? How did you do it?

I most enjoy running and several years ago developed plantar fasciitis in my left foot that precluded running for some time. While I still cannot run daily as I'd like, as to do so may aggravate this condition, I have learned to incorporate other exercises in my weekly routine, and which has been a good life lesson.

What exercises do you like to include in your workouts?

Running, elliptical, and walking, though I also enjoy kayaking, hiking, cross country skiing, and bicycling as well.

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Best fitness advice?

Try to incorporate some type of physical activity in your life each day, even if only for a short amount of time, and be open to trying new and unfamiliar activities. To get started, including a friend in your activity may be helpful and to promote continuation, scheduling time for your activity/exercise may be helpful.

What do you enjoy most about Oneida Family Fitness?

The convenience, the quality and variety of equipment and activities available, the very clean environment, and most of all the friendly and supportive staff.

What's something about you (a fun fact) that not many people know?

I have always loved classic sci-fi movies (and have been known to watch them repeatedly if permitted) and books, and as a child dreamed of one day writing sci-fi novels.

What lifestyle changes accompany your dedication to working out (diet, time, attitude)?

Making a priority of working out at least 5 times per week, avoiding deep fried and processed foods (as much as possible) and striving toward an attitude of moderation rather than extremism in my habits.

Congratulations, Mike! Your dedication to maintain a healthy lifestyle inspires others!

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