



Champion

Name: Jim McKenzie



Activities to Keep Fit and Active

I like to walk and hike. I particularly like to climb the “Grouse Grind” about three times each week. In the summer, swimming at Kits Pool is a nice change of pace.

What Motivated You to Become Active?

My younger brother and sisters all had type two diabetes. My size 38 inch pants were getting way too tight. Driving home from work, I was relaxing by undoing my belt and popping the top button. I wouldn't buy size 40 as a matter of principle.

What Did You Do to Become More Active?

I stopped eating junk food and started to walk and swim. Instead of coffee breaks I did “sit-up” breaks.

How Do You Motivate Yourself to Stay Fit?

“Nothing tastes as good as thin feels” became my mantra. I reminded myself how much I looked like a “stuffed gerbil” when I was packing 220. Having room to spare in size 34 pants is a good feeling.

What Are Your Future Fitness goals?

I'm doing the grind in fewer minutes than I am years old. My new goal is to shave off about another 10 minutes. This summer I'm planning to do more swimming and biking.