

# SHG's CFO talks Sports and Fitness



by Barry Shiohita, CFO

Southeast Health Group just completed a major project, opening a Wellness Center in La Junta. After years of planning and construction, we now have a way for people in the valley to be proactive about their health. It is personally satisfying for me to see people working with our personal trainer and fitness instructors to get active.

Sports and athletics have always been a big part of my life. We were always playing basketball, baseball and football with the neighborhood kids. Of course, that was before the dawn of social media and video games. It's harder for kids today to live an active lifestyle because of these distractions and I think they are missing out.

I love a good competition. I got involved in the martial arts as a means of channeling that love. The challenge of both the physical and mental aspects of Taekwondo was definitely appealing, and that factored into my decision to live a healthy lifestyle. My goal was to consistently leave it out on the floor . . . 100% effort with no quit. My passion for martial



arts has led to many personal achievements, including a black belt.

These days, I still like to stay active. I play a little basketball and participate in mud and obstacle races, but most times, the competition is internal. I want to challenge myself to be fit and active. That's why I've been a huge proponent



of the activities that Southeast Health Group has sponsored. We have held dodgeball tournaments, various types of runs, and our infamous MudSport obstacle race.

Nothing is more gratifying than seeing that look of determination on someone's face... "By golly, I'm gonna finish!" When they cross the finish line completely spent, you know the impact it has on their confidence and self-esteem. I like to see people outside, engaged in healthy activities, to see the smiles on their faces, and to hear all of the laughter. That's exciting.

I think that maintaining an active lifestyle provides balance in one's life. To me it's all about the challenge of doing...taking the first step. Maybe you have never set foot in a fitness center before, or don't think it's for you. I encourage you to come and check it out. Whether it's the underwater treadmill or an elliptical machine or the Zumba class,

you will find the kind of exercise routine that works for you. And,

you'll feel better for it.

As Emmitt Smith (Dallas Cowboy Hall of Fame running back) once said, "I may win and I may lose . . . but I will never be defeated."