



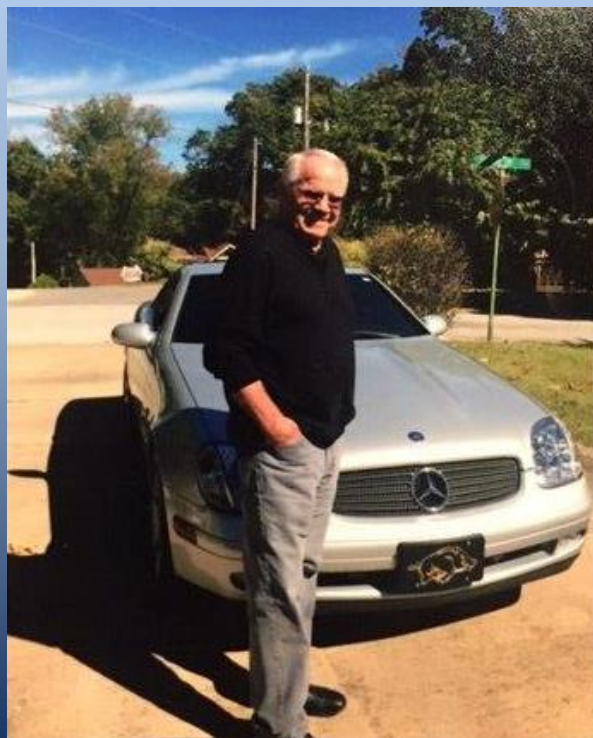
Success Stories

Healthy Living Matters. Prevention Works.

We all need help from time to time....

BATTLING WEIGHT ISSUES FOR MOST OF HIS LIFE, LENNY HESTER DECIDED SOMETHING HAD TO BE DONE, AND THE MOVE! PROGRAM WAS IT.

"I knew I had to do something when I couldn't even clean my windshield without getting out of breath from my weight. It is hard to go it alone, really impossible. We all need help from time to time."



What motivated you to choose MOVE!?

"I struggled with weight for most of my life. I have COPD and was having a terrible time trying to breathe. The panic attacks scared me to death. I thought I could do it myself, but that did not work for me. Dr. Patterson recommended the MOVE! Program to me. My wife is very active and I want to keep up for a long time to come. That is my motivation!"

What happened when you started MOVE!?

"My wife changed our diet and our portion sizes. She uses small plates now, too. I had to break the snacking habit. Now if I do need a snack, it is an apple or some other fruit."

What helped you reach your goals?

"Since I started MOVE! in June of 2012, my dietitian, Angie Thomas, was always there to motivate me. She reminded me every week that motivation is the key! I have learned that during the holidays I may put on 2-3 pounds, but I work to get it right back off again. I also know you do have to push yourself away from the table and not get seconds no matter how good the food is."

What have you accomplished through MOVE!?

"I know it may not sound like much, but I am now able to blow out my garage and shed. It means a lot when I could not do these small tasks before. I am now able to walk the grocery store with my wife. I have quit drinking soft drinks of any kind. I have lost 35 pounds and am keeping it off. I started MOVE! at 209 pounds and now I am at my preferred weight of 176 pounds. I have maintained my weight for almost 5 years. I am able to breathe better and have become more active."

“You must control the food, don’t let the food control you!”

– Lenny Hester

