

## Back to Normal:

### VIETNAM VETERAN JAMES HETHER DISCUSSES HOW MOVE!<sup>®</sup> HELPED HIM REGAIN HIS HEALTH AND LOSE OVER 37 POUNDS

“Since I injured my back in Vietnam, my back has deteriorated and I’ve suffered from almost daily pain. I have herniated discs and compression fractures in my back, and herniated discs in my neck. I also suffer from Posttraumatic Stress Disorder, and wake up nearly every night with flash backs. I’ve been unable to work for the past 5 years.

When I went to see Dr. Andria Klioze, my VA doctor, in February 2015, I weighed 221 pounds. My pulse was around 100 beats per minute, but would usually go up to around 120 beats during the day. I had shortness of breath, and with a previous heart attack, I was concerned about having a second one.

During the visit, Dr. Klioze reviewed my blood test results and found that my fasting blood sugar was higher than normal. At 129 mg/dL, I was now in the diabetic range. When she said that I needed to go on diabetes medicine, I asked her if I could try to lose the extra weight. She agreed, but only if I promised to do the MOVE! Program.

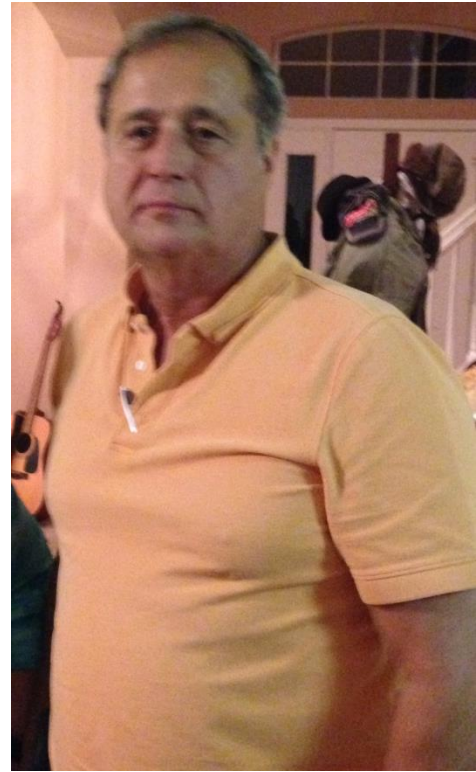
A few days later, I learned that my MOVE! Orientation Class was scheduled for April 2015. By the time I went to the orientation at the Daytona Beach (Florida) VA Outpatient Clinic, I weighed nearly 216 pounds, which was much higher than the normal weight for my height, 130-179 pounds. The measurement around my bellybutton—my waist circumference—was 43.5 inches, which was also higher than the normal (40 in.) for men. With a BMI of 32, I was also ‘obese.’

The orientation class was taught by two very enthusiastic and talented women, Becky and Terry. They inspired me, and made me believe that I was going to lose all of the excess weight I’d gained over the years. They gave me some instructions, and I simply took notes and followed their advice.



The first of 16 MOVE! classes started just over a month later, in May. I weighed in and had already lost over 16 pounds! To my surprise, Becky and Terry were amazed that I had lost so much, so quickly. Again, I simply did what they said and the pounds just fell off. With nearly every passing MOVE! class, my weight continued to go down.

I had another blood test in June 2015, and saw significant improvements. My fasting blood sugar was down to 111 mg/dL, a drop of 18 and a normal value. My good cholesterol went up 1 point and my bad cholesterol went down 10 points. At my last MOVE! class in August, my weight was at 178.8 pounds and my circumference was 35 inches. Since the beginning of MOVE!, I've lost 37.1 pounds and 8.5 inches off of my waist! Now my BMI is 24, which is in the 'normal' category.



I am proud of my accomplishments and thankful for the MOVE! Program. I would recommend this class to any Veteran who wants to lose weight and regain their health.”