

The Secret To His Success:

VETERAN AND FORMER 'BUFFET GUY' DARRYLE ENDFINGER DISCUSSES
HOW MOVE![®] HELPED HIM GET STRONGER AND DROP 45 POUNDS

Describe your history of weight loss.

"I've always struggled with my weight. In the Army, I was active and it wasn't as hard to keep my weight under control—but it was still something I had to deal with. At age 30, I started struggling more and was only able to maintain my weight by starving myself. Over the years, I've tried the Atkins diet, Cabbage diet, and many pills."

What motivated you to join the MOVE![®] Program?

"My weight kept increasing. When I left the Army, I was 178 pounds, but I later reached a high of 240! I couldn't physically take care of myself, tie my shoelaces, or even cut my own toenails. I didn't want to walk at all; when I did, I couldn't get very far."

At an appointment at the Berea (KY) CBOC, I learned that my blood sugar was higher than normal. My primary care provider, Dr. Hammond, gave me a flyer for MOVE![®], but I didn't start right away. Later, in October 2011, while hunting, I realized that I had to do something. Most of the other hunters were able to get around fine, but I couldn't and was so embarrassed! My self-esteem and motivation were at an all-time low."

How much weight have you lost through MOVE![®]?

"I started MOVE![®] at the Lexington (KY) VAMC in November 2011, and have participated ever since. I initially lost 43 pounds, but lost focus and touch with my MOVE![®] team. I gained some weight back during that that time, but later re-committed to it. I've now lost a total of 45 pounds, surpassing my goal of 200 pounds!"

How is your life different now?

"My whole body is different! I was in constant knee pain, but now I feel better and more energetic overall, and I spend more time with my grandkids. I am the strongest I've been in years. All of my labs—blood sugar, cholesterol, and triglycerides—are down. I've cut my blood pressure and heart rate medications in half!"



How are you physically active now?

“After I lost the weight and went hunting, my friends said I did so much better. I belong to a gym and do things like lifting weights. I’m just stronger—I can now bike 5 miles fairly easily.”

How are you eating better?

I was a ‘buffet guy’, but now do it rarely. I watch what I eat and avoid some high-fat foods, which I’ve replaced with low-calorie ones. I portion out my foods and eat more vegetables. I also use hot sauce to spice up bland foods, and know how to make low-calorie foods tasty.

My number one secret for success is tracking calories; pen and paper works best for me. I even make a game out of it, rewarding myself if I’ve done well. If I exceed my calorie goal for the day, I note it and then just re-start the next day. I’ve also been doing the TeleMOVE! Program for a long time—it helps keep me honest.”



How long have you maintained your weight loss and newfound health?

“I’m over 2 years in and have lost 45 pounds! I’ve maintained this for a few months, including while I was on a European vacation for 3 weeks.”

Who supported you and helped you reach your goals?

“My whole MOVE!® support team kept me positive. Becky, my MOVE!® dietitian, has been my greatest support. Seeing her individually in addition to the groups really helped. I have grandchildren and want to see them grow up.”

What specifically about the MOVE!® program worked for you?

“MOVE!® educated me on the right things to eat and how to read food labels. Logging food and calories has been my secret to success, as has weighing myself often—both help me stay focused and keep the weight off. I’ve also realized that balancing physical activity with food intake is what leads to weight-loss success.”

What would you tell other Veterans about MOVE!®?

“There is no sense in waiting to make a change! Start to eat slower and plan for events. If you have a birthday, for example, enjoy a thin slice of cake, but eat less breakfast, and then exercise. And if you eat to excess, just start over the next day! You don’t need to diet if you increase activity and monitor your food intake!”