

Setting The Example:

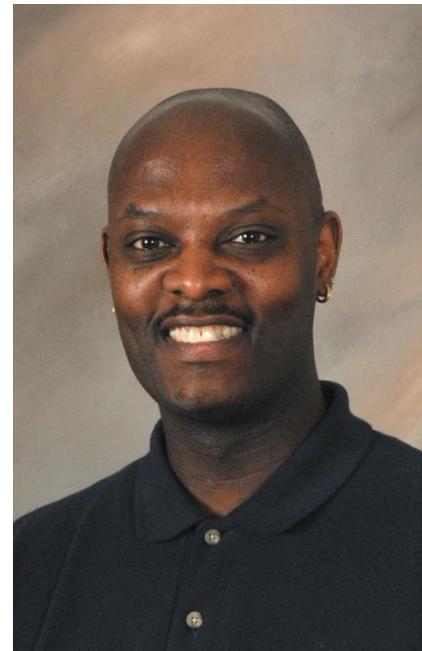
AL BRUTON DISCUSSES THE HEALTH IMPROVEMENTS HE'S ACHIEVED THROUGH MOVE![®]

How did you get started with the MOVE![®] Program?

“I approached my doctor about the program because, as an Air National Guard serviceman, I had to lose weight to pass a physical exam. Blood work done during the visit revealed that my cholesterol levels were high. When my doctor wanted to put me on medication for the rest of my life, I asked if there was an alternative. That was when he recommended that I change my diet and start MOVE![®].”

How did MOVE![®] help you?

“I was given handouts and told more about how I could lower my cholesterol level, such as eating fiber. MOVE![®] also gave me the building blocks to help make positive changes in my life. It isn't just a weight-loss program, it's a change of lifestyle—and it's a life-long change. I can't go back to where I was...and don't even want to!”



How have your diet and eating habits changed?

“My main struggle was with saturated fat intake, which led to my high cholesterol. So I've reduced my saturated fat intake by half, which has lowered my cholesterol to a healthy level.

I've found that the smell of tempting foods doesn't entice me as much as it once did. I've also realized that taste buds can change and you may not want what you used to crave. It doesn't happen quickly—it probably took me 6 months before the smell of bacon didn't affect me. But now it doesn't affect me at all.

I eat a healthy diet, but I've chosen to have a day once a week where I splurge for all three meals. In the beginning, I couldn't wait for this 'splurge day.' But now, I'll even

skip it sometimes because I don't want it. And if I slip up, I don't feel guilty because I know that I can get right back on track."

Is there anything specific about MOVE!® that's made a difference?

"One of the big things was that my MOVE!® Coordinator made me feel comfortable. She got to know me and how I live, and then wanted to help me."

What results have you gotten with MOVE!®?

"I recently passed my physical exams and tests with no problem. I've lost 20 pounds and dropped my cholesterol levels from 276 to 198 mg/dL, which is just under the healthy target cholesterol level of 200."

What keeps you motivated to manage your weight and stay healthy?

"My unit commander has recognized my commitment to weight loss and improved health. He uses me as a positive example for other active duty service people. And that keeps me motivated to stay on track!"