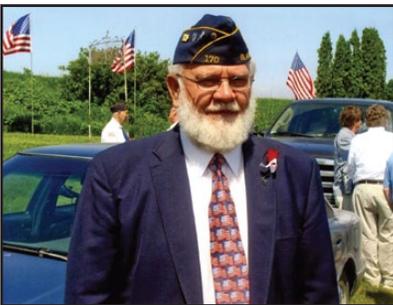




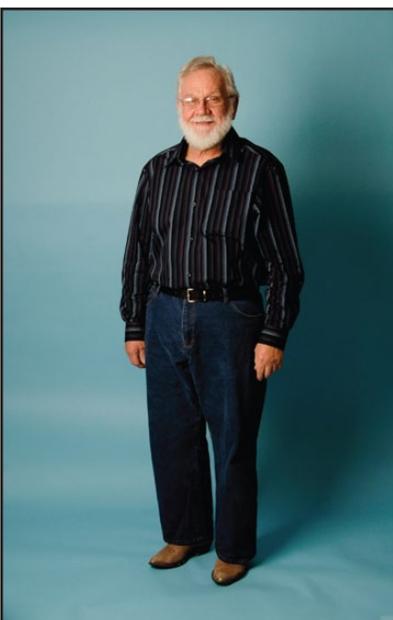
Motivation from Within is the Key to Success by Krista Kazembe DPT



Donald E. Jensen at 21 years of age (1969)



Donald E. Jensen at 262 pounds (2010)



Donald E. Jensen - Today

Veteran Mr. Donald E. Jensen started MOVE on Sept 10, 2010 at 263 pounds. He chose to participate in the MOVE Telephone Support Program, and receives calls from MOVE once a month. Monthly discussions include weight checks, education on improving nutrition and activity levels, as well as supplying support and monthly recommendations for continued success.

Mr. Jensen looked at his lifestyle and targeted specific behaviors he wanted to change, behaviors he realized were holding him back. He pinpointed personal action steps each month he wanted to focus on, which grew over time, and now include the following:

1. *I will ride my stationary bike 20 minutes every day.*
2. *I will walk 10-20 minutes every day.*
3. *I will cut back on desserts.*
4. *I will drink 8 glasses of water every day, including 2 glasses before each meal.*
5. *I will reduce potatoes and pasta in my diet.*
6. *I will cut back my soda intake from 2 cans to 1 can diet pop daily.*
7. *I will read food labels.*
8. *I will switch from 2% milk to 1% milk.*
9. *I will decrease my food portions.*

With planning and commitment, Mr. Jensen's action steps paid off, helping him to lose a total of 65 pounds so far, 7 months into the program. The key to Mr. Jensen's ongoing success was his internal motivation to improve his life. He took the information he received from MOVE, and he ran with it.

According to his wife, Mrs. Carole Jensen, "We have played Mr. and Mrs. Santa Claus for several years and now we have to stuff his suit with a pillow. I was surprised how easy it was for him because it wasn't a strict diet. He knows he can still have anything he wants. He still has ice cream twice a week after church group, but he doesn't have 3 scoops every night like he used to. Easter morning he was 198 pounds. Getting below that 200 pound mark was a big deal for him." Great Job!

Spring Countdown

by Barb Amende-Evans RD

The holidays are over and Spring is here! Read on for healthy and effective tips to improve your lifestyle and health!

8. Choose to eat healthier foods, read the labels and eat most meals at home.
7. Measure your food portions – calories do count. Remember, eating 500 calories less each day can result in one pound of weight loss per week.
6. Exercise – walk, bike, or swim 30 minutes daily. Exercise is essential for weight loss and can boost your metabolism, burn calories, relieve stress, and keep your heart healthy.
5. Start each day with a nutritious breakfast that includes a serving of lean protein, a whole grain high fiber food, and a fat free dairy choice.
4. Cut out sugary soft drinks and “sweets.” Drink water instead – it hydrates, refreshes, and cleanses your body of toxins, and it is calorie free.
3. Fill up on colorful vegetables at meals and for snacks. Vegetable salads, soups and juices are high in antioxidants and very low in calories.
2. Eliminate snacks 3 hours before bedtime and try to get 8 hours of sleep every night. You’ll save calories, and when you’re not sleepy you will be less tempted to overeat during the day just to stay awake.

1. Keep a food and exercise record to track your progress. Be patient, stay positive, call your MOVE team for support, and have a Happy, Healthy Spring!

Why Food Log?

One of the key indicators of success in any weight program is food logging. Logging your food makes you think more about what and how much you put in your mouth. When you food log, the mindless snacking is less likely to occur, as you realize that every bite counts. Food logging works so well, that people who food log lose TWICE as much weight as people who don’t. Food logging is simple and effective. For this reason, we ask that each of you turn your logs in at class or mail them into your MOVE telephone provider each week. It could be a difference of losing 50 pounds versus 25 pounds during your involvement with MOVE. Many MOVE participants have a lot to lose, and using effective tools like food logging just makes sense. We can’t wait to see your log and help you on your journey to healthier living!



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