

Serious About Better Health:

VETERAN MIKE ROVIN STICKS WITH MOVE![®] AND LOSES 70 POUNDS

Many people know 67-year-old Mike Rovin as a joke-teller. But when it comes to his weight, he doesn't kid around. A year and a half ago, Mike decided to get serious about losing weight and getting healthy. And the MOVE![®] Program has helped him do it.

A New Focus

Mike is a medically retired Southern Arizona Ranger, and says he was in shape “at one time.” But time has marched on, and so has his weight. Mike decided that tipping the scales at 310 pounds—with a blood sugar level of 340-350 mg/dL—was not quite what he had in mind. Mike quit drinking in 1967 and quit smoking in 2003; now it was the time to focus on his weight.

Initially, Mike joined the MOVE![®] Program, and was able to drop 30 pounds. But he later decided that the program just wasn't for him, so he ventured out on his own.



Paying Attention

Mike rejoined MOVE![®] several months later, weighing 300 pounds. This time, he put his mind to it and stuck with it. Using all the nutrition information he'd learned in his MOVE![®] classes, Mike began paying attention to portion sizes and the types of food he ate. He also became a goal setter—for example setting small, achievable goals of losing 5 pounds at a time. Mike weighed himself every day, and also measured what he ate to help control his portions.

His hard work has paid off. Mike is now down to 240 pounds—a total loss of 70 pounds! His blood sugar now ranges between 80 and 127 mg/dL, and his A1c is way down, from an average of 9 or 10 percent to 7.6 percent!

Tips For Success

Mike achieved his success by following these tips, which he's sure can help other Veterans get healthier and better manage their weight:

- Join MOVE!® and attend the classes weekly
- Take your time and lose weight slowly
- Measure out your portions with an ice cream scoop
- Choose 100-percent whole wheat bread, hamburger buns, etc.
- Watch your fat intake and reduce the amount of greasy food you eat
- Get support

Physical activity is another part of Mike's improved health. He's added another notch to his belt...literally! Now walking regularly, Mike has dropped 12 inches from his waist size, going from a 54-inch belt to 40-inch belt!

Really Happy

"I didn't even know I had feet before MOVE!®," Mike jokes, "but I know they're there now!" He's really happy with his success, and so is his dog Louie, who now gets more walks! "If I could tell folks in MOVE!® anything, it would be to keep a sense of humor and watch what you eat," he explains. "It's working for me and I know it will for them, too!"