

## MOVE!® SUCCESS STORY

### A New Mind-Set:

#### MOVE!® - a Life Ring Tossed his Way



#### **Prior to MOVE! (August 2010)**

Veteran William (Bubba Grothe) reported that he is a 67 year old retired Navy Senior Chief who had let himself “go to pot over the years.” His highest weight was 370. Before starting MOVE!®, he had done little to help himself. He did not exercise, was not eating right and, worst of all, had no self respect.

He developed high pressure and diabetes and had several medications prescribed (5). His physician was looking at his numbers and considering starting him on insulin. That possibility helped kick-start his interest in weight loss.

Prior to sending his success story, he had joined the Myrtle Beach, SC, MOVE!® program where he weighed in at 344 pounds. During the initial 16 weeks of the program, he lost a total of 73.6 pounds. His pants size dropped from size 62 waist to size 50. His shirt size dropped from 5X to 2X. By January 2012, he weighed in at 235 (pants - 44; shirt - 1X

One lesson he learned and wants to share with other successful losers is to review medications with your Primary Care provider as you lose weight. Initially, his medications were not reviewed or changed in connection to his weight loss. At one point he was hospitalized with dehydration, which led to a review of his meds. His doctor has since reduced the number and dosages of medication and is considering a further reduction.

William's wife (who also worked with MOVE!®) has lost 40+ pounds (4 dress sizes) and is the driving force in his program. She works along with him and they enjoy knowing they can do the program together and make it a life-saving experience. MOVE!® has put them on the path to better health. He considers MOVE!® to be not a DIET, but a "life ring tossed his way" that he can't afford to miss.



96 lbs lighter

He has not set a number goal of weight to lose, but he'll know it when he gets there. As long as he and his wife are making progress and feel better, they will continue to use the program. Now he tries to "eat right" and does the treadmill 40 minutes a day, 6 days a week at 3.2 mph. As of June 2012, William has maintained a 100lb weight loss for 18 months.

He feels better than he has in many years. He is no longer tired and has lots of energy. His legs used to hurt but not anymore. "I can work all day long if I want. Before, I was on the couch." He advises all that losing weight can be done. "You have to do what you have to do to get there!! You can't go to a buffet 3 times a week." He credits his wife and the MOVE!® dietitians with helping him be successful. He reports - "I feel good – just like James Brown!"