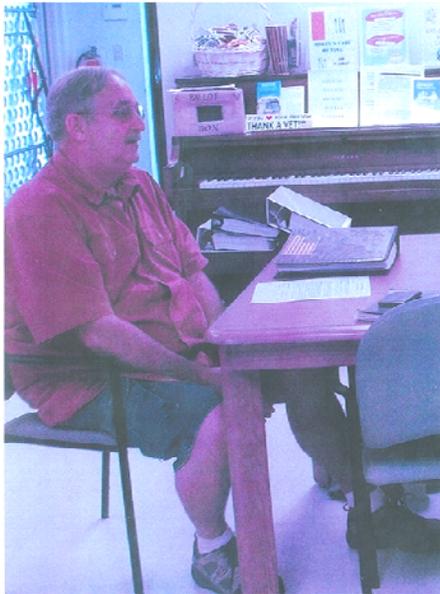


The Healthy Way to Lose Weight:

VETERAN CHRIS SCHRIEDEL EXPLAINS HOW
HE'S ACHIEVED HIS GOALS THROUGH MOVE![®]

“My name is Chris Schriedel and I am a Veteran of the U.S. Air Force. When I first joined the service in 1973, I was of normal weight and BMI for my age and height. As the years went by and I neglected my eating habits, I noticed that I was gaining weight. Looking back, I realize that during this time my diet was poor and consisted of many unhealthy food items.



“I didn’t know the seriousness of my condition...or that my bad eating habits and lifestyle had contributed to my heart disease.”

Later, when I was in my early 50s, my doctor told me that I had acute heart disease that required emergency intervention and surgery. I had triple bypass surgery and almost died! Prior to this, I didn’t know the seriousness of my condition—or that my bad eating habits and lifestyle had contributed to my heart disease.

In April 2011, I was heavy, weighing in at 276 pounds. I am only 5 feet, 10 inches tall, so this is a BMI of almost 40—right on the edge of extreme obesity! I was given the opportunity to attend an informational class on the MOVE![®] Program at the Daytona Beach (FL) Outpatient Clinic. This is where I learned how the program helps Veterans get well and stay well through lifestyle change.

MOVE![®] made my personal health goals achievable. The process works well and the classes have helped me become a healthier person by understanding how to choose

better foods and measure my portions. Knowing the food groups has helped me avoid unhealthy, poor choices in my diet. This has really helped me maintain my success!

I really enjoyed being in the 10-week MOVE![®] Program, and it's been 6 months since I graduated from the 10-week MOVE![®] II Program. I continue to measure my food and stay within my personalized 1500-calorie daily goal. I've been able to maintain my weight loss and my overall health has improved. In November 2010, my glucose level was 111 mg/dL, my cholesterol was 263 mg/dL, and my triglycerides were high at 721 mg/dL. My most recent labs showed that my glucose is down to 102, my cholesterol is now 192, and my triglycerides are now at 143. All these values are within normal range!

I feel like I have more energy than before and I now enjoy what I consider to be a normal lifestyle. Before I could hardly do anything—I couldn't walk far or ride my bike at all. Now I do long walks and enjoy bicycling. My knees are stronger and don't hurt anymore! I also have much less pain in my back, and my doctor believes that this also is a result of my weight loss.



“I’ve enjoyed being able to participate in this wonderful program...I look forward to the future...and to losing even more weight.”

I continue to attend the monthly MOVE![®] Alumni class for MOVE II graduates to maintain my success. I have lost 46 pounds since starting. I've enjoyed being able to participate in this wonderful program. I look forward to the future and losing even more weight to get my BMI to the right level. I have to thank the VA staff who conduct the MOVE![®] program here at Daytona Beach— they really care about Veterans and want them to succeed in their weight loss goals.”