



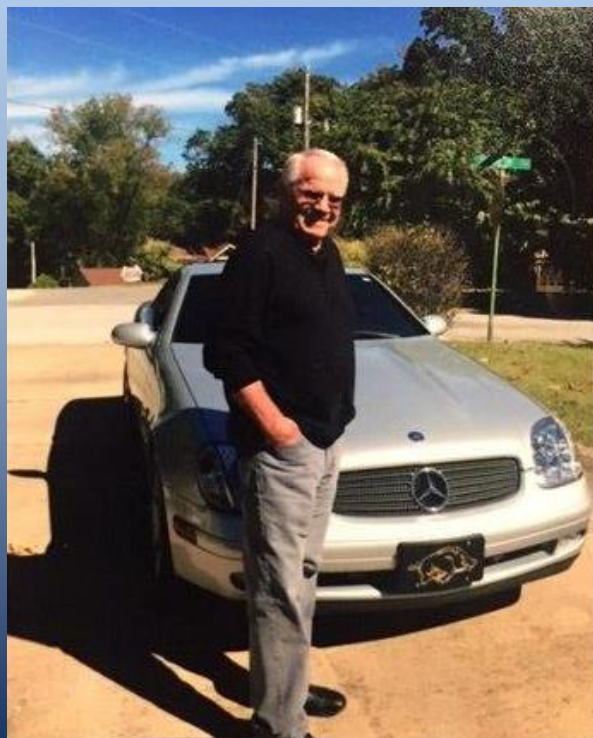
# Success Stories

Healthy Living Matters. Prevention Works.

## ***We all need help from time to time....***

**BATTLING WEIGHT ISSUES FOR MOST OF HIS LIFE, LENNY HESTER DECIDED SOMETHING HAD TO BE DONE, AND THE MOVE! PROGRAM WAS IT.**

"I knew I had to do something when I couldn't even clean my windshield without getting out of breath from my weight. It is hard to go it alone, really impossible. We all need help from time to time."



## ***What motivated you to choose MOVE!?***

"I struggled with weight for most of my life. I have COPD and was having a terrible time trying to breathe. The panic attacks scared me to death. I thought I could do it myself, but that did not work for me. Dr. Patterson recommended the MOVE! Program to me. My wife is very active and I want to keep up for a long time to come. That is my motivation!"

### ***What happened when you started MOVE!?***

"My wife changed our diet and our portion sizes. She uses small plates now, too. I had to break the snacking habit. Now if I do need a snack, it is an apple or some other fruit."

### ***What helped you reach your goals?***

"Since I started MOVE! in June of 2012, my dietitian, Angie Thomas, was always there to motivate me. She reminded me every week that motivation is the key! I have learned that during the holidays I may put on 2-3 pounds, but I work to get it right back off again. I also know you do have to push yourself away from the table and not get seconds no matter how good the food is."

### ***What have you accomplished through MOVE!?***

"I know it may not sound like much, but I am now able to blow out my garage and shed. It means a lot when I could not do these small tasks before. I am now able to walk the grocery store with my wife. I have quit drinking soft drinks of any kind. I have lost 35 pounds and am keeping it off. I started MOVE! at 209 pounds and now I am at my preferred weight of 176 pounds. I have maintained my weight for almost 5 years. I am able to breathe better and have become more active."

**“You must control the food, don’t let the food control you!”**

**– Lenny Hester**

