

Paying It Forward:

MOVE![®] HELPS VETERAN MONTY HUNTER GET AND GIVE THE ENCOURAGEMENT TO SUCCEED

When 64-year-old Veteran Monty “Pete” Hunter began MOVE![®] in July 2011, he had to do something very difficult: make a commitment. “I had to sign a contract about changing my behaviors,” he recounts. “It was hard, but it gave me accountability and helped me make a promise to myself—to change my entire lifestyle, not just my diet. And that commitment really paid off for me.”



One Buffet At A Time

Before MOVE![®], Pete’s lifestyle had contributed to a years-long struggle with weight issues. “When I got married in ‘89, I already weighed 240 pounds. I gained my weight about five pounds a year, one buffet at a time,” he explains. “It didn’t seem like a lot, but after many years, it was.” Eating well was a real and constant challenge. “I’m in IT and I go from place to place. Lunch is always a social event and I was always eating out,” Pete says. “I knew it wasn’t good for me, but I continued to do it.”

When Pete came to his first MOVE![®] class at the CBOC in Mt. Vernon, Missouri, he weighed 319 pounds, wore size 52 pants, and was dealing with serious pain from bone spurs on his feet. To lose weight, he knew he had to focus first on improving his diet, one meal at a time.

Good Eats

Pete says that the MOVE![®] classes about nutrition were “great” and helped him start making changes to what and how he ate. “The program

taught me how to read the nutrition facts on the food I’m buying,” he says. “And that has allowed me to do an important thing—switch to low-fat food items.” Portion control has been key for Pete, who is now also making substitutions when he eats. “I eat turkey bacon, for example, but rarely eat beef,” he says. “I’ve quit eating pizza and usually get

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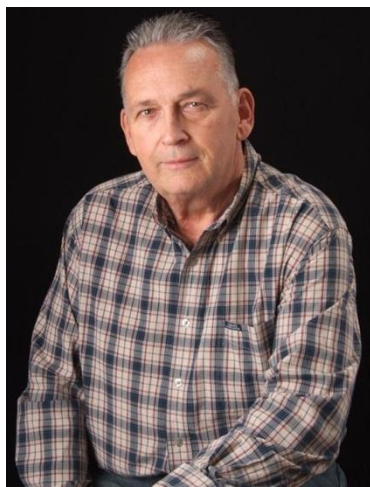
chicken. I've lost a lot of my weight eating soup and using healthy substitutes like egg beaters®. And I cook my own meals, which also helps me stay healthy."

Before And After

Support from family, MOVE!® staff, friends, and his church also has made a big difference for Pete. "They give you encouragement

when you're weak," he says. "My wife's been very supportive, as has Wendy Wolber at the clinic. She's been so great, upbeat, and encouraging. She showed me how she'd lost weight, and seeing her 'before' and 'after' pictures really motivated me." In turn, Pete is paying it forward. "I've encouraged several others to start losing weight," he explains. "I tell them that if I can do it, anybody can do it."

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Amazing

At last check, Pete was down to 227 pounds—a weight loss of over 90 pounds that he calls "amazing"—and he now wears size 36 pants and a completely new wardrobe! He is particularly proud because he's dropped his weight while on prednisone. "It is much harder to do because it's a medicine that contributes to weight gain," he explains. "My weight loss has slowed because of this, but I'm still making progress." Pete has set a goal of 200 pounds, and thinks it's achievable with his new exercise regimen. "I walk every day, and use a treadmill and an elliptical every other day," he says. "If I walk too much, my bone spurs hurt, so I have these machines to help keep me active."

Learning To Say No

Feeling younger and getting around better has boosted Pete's self-confidence. "Before, I couldn't even raise my arm to comb my hair. Now I can actually bend over and touch the floor!" he says. "I still use a CPAP at night, but since I've lost weight, my sleep apnea has improved significantly." Pete is quick to tell other Veterans that they, too, can lose weight and get healthy by following his motto and doing MOVE!®. "I say, 'if you leave it at the store, you only have to say no one time'," he explains. "Because if you bring unhealthy food home, you'll have to say 'no' every time you see it. They just need to learn how to eat, read nutritional values, and leave the junk food at the store. And the MOVE!® program can help them do that."