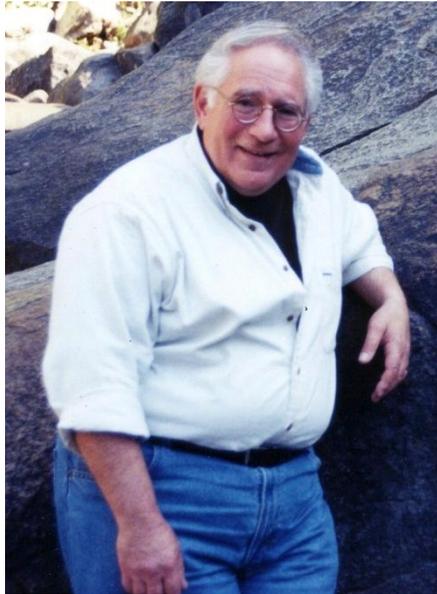


## Choosing a Healthy Life:

### VETERAN STEPHEN SPITZBERG GETS ENLIGHTENED BY MOVE!<sup>®</sup> AND LOSES OVER 70 POUNDS

Veteran Stephen Spitzberg says that the ultimate motivation for him to enroll in MOVE!<sup>®</sup> Program and start changing his life was pretty simple. “My doctor said that it was a good idea and my wife agreed,” he explains. “There were two ‘yeses’ against my one ‘no!’” Now, over 70 pounds lighter and still losing weight, Stephen knows that the decision he made to start MOVE!<sup>®</sup> over 20 months ago was the right one.



#### Tired Of Being Fat

“In 2010, Dr. Murphy talked to me about MOVE!<sup>®</sup> and said I needed to go because I was 95 pounds overweight,” Stephen says. “I was supposed to be at 120 to 130 pounds, but I weighed 211.” So he started to go to the classes, which were held at the West Palm Beach (FL) VAMC every 2 weeks and lasted a few hours each.

Stephen had tried to lose weight before during his life, but had never been as motivated as he was by MOVE!<sup>®</sup>. “The classes were enlightening, and it was great to learn from others who had benefitted from weight loss,” he says. “I realized that I was tired of being fat. And when my BMI starting going down, and I no

longer needed the blood pressure and cholesterol medications I’d taken for years, and the benefits were clear.”

#### Still Losing

During 3 months of MOVE!<sup>®</sup>, Stephen dropped 27 pounds and then just kept on losing weight.

“I’ve maintained a healthy diet

for the last 20 months,” he says. “I weigh 138 pounds now and I’m still aiming to lose at least 8 more pounds!” Stephen weighs less than when he was a teenager, and that’s because he’s made major lifestyle changes. “I’ve totally changed my concept of weight

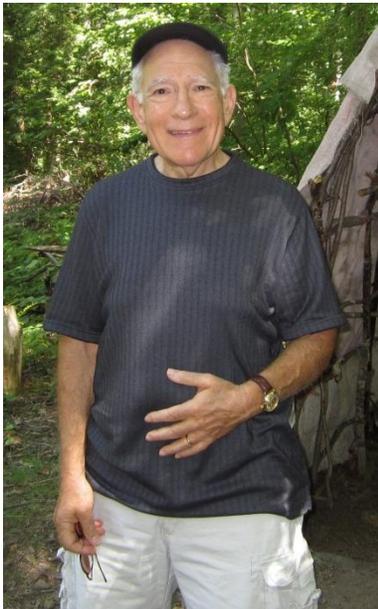
*“The classes were enlightening...it was great to learn from others...and the benefits were clear.”*

loss,” he explains. “I’m trying to lose and maintain weight for the rest of my life. So I think about what I’m eating and doing, and what it does for my body.”

### Doing The Math

Stephen says that the light went on for him when he simply did the numbers. “It comes down to a mathematical formula—how many calories I was eating compared to how many I really needed,” he explains. “I learned that those two-, three-, or four-thousand-calorie days were way over what I required.”

So Stephen’s days of overeating are history. “Before, my eating was truly unlimited—I would think nothing of going to a buffet and eating six eggs and sausages.” Now, he’s making healthier choices and food substitutions. “I’ll typically eat salad with non-fat dressing at a buffet now, and I do fish instead of steak,” he says. “I don’t go near desserts now—I’ll have fruit instead.” He says that these choices are satisfying because he knows he’s taking care of himself—“the greatest lesson” he’s taken from MOVE!®.



### Support Equals Success

Stephen says that having support has also been key to his progress. “MOVE!® worked because my wife was very supportive—she’s helped the most,” he reports. “We’ve learned to take home restaurant food and make it into multiple meals—little behavioral tips like this one have been so helpful.” Dr. Kurtz at the Bronx VAMC also helped Stephen through his heaviest periods and kept him motivated. “He said, ‘even a bologna sandwich won’t hurt you,’ and I’ve always remembered that quote,” says Stephen. “Basically, he was saying that you don’t have to give up everything—all foods fit, in moderation.”

### Always On His Feet

Stephen used to be limited by severe arthritis, and often had concerns about getting around. But increasing his physical activity has helped him gain more mobility. “I used to use a cane and full brace, and sometimes an electric wheel chair,” Stephen says. “Now I don’t need those things—I can actually walk, which I couldn’t really do before.”

*“I’ve totally changed my concept of weight loss...I’m trying to lose and maintain weight for the rest of my life.”*

Stephen also doesn't let weather or work get in the way of his new regimen of physical activity. "I ride a bike outdoors 10 to 12 miles every day that I don't work. If it's bad outside, I do sit-ups inside," he explains. "I still have a part-time job, so I ride the bike 1 mile to and from work. And I ride sometimes with a neighbor who's also lost weight." Stephens's always on my feet, and he enjoys it.

**Viable Choices**

At 70 years old, Stephen hopes his success shows that anyone, at any age, can make the lifestyle changes needed to be thinner and healthier. "You have to look at yourself and decide what's more important: continuing to eat and live as you always have, or eating a little less and being much healthier. You have to make that choice, because nobody can force you to do it," he says. "But with a program like MOVE!® and the right education, you can learn that there are viable choices for a healthy life."