

## Bouncing Back:

### MOVE!<sup>®</sup> HELPS “REGULAR JOE” DANNY BREWSTER LOSE OVER 100 POUNDS AND SAVE HIS LIFE

“Vietnam Veteran Danny Brewster was in bad shape and had the numbers to prove it. “Over the years, I’d ballooned to over 360 pounds and been on as many as 14 different daily medications,” he explains. “I’d had diabetes for 15 years, which required multiple shots each day and often as many as 100 units of insulin each night!” His physician had been telling him for years to get his blood sugar under control, but Danny was dealing with multiple disabilities and feeling discouraged.



#### Not A Quitter

“I was about to throw in the towel on life—the peripheral neuropathy, sleep apnea, diabetes, etc., that I had seemed to be too much,” Danny recounts. But it was an old suit that started his transformation. “I bought this suit way back in 1992 and got married to my wife in it a year later,” he explains. “I didn’t want to give it away, and my desire to fit

back into that suit gave me the motivation to start thinking about making some big changes in my life.”

A diabetes-induced accident also had left Danny with limited use of his left arm and hand. “I looked at my arm and hand, and saw what had happened because I was not taking care of myself,” he explains. “I’m not a quitter, so I knew that I had to come to grips with my life and gain control of my health.”

*“I was about to throw in the towel on life...[but] I got motivated to get healthy.”*

#### Doing Things Differently

Danny was finally ready to get healthy, so he started MOVE!<sup>®</sup> in 2011 at the Hunter Holmes McGuire VAMC in Richmond, Virginia. “I learned a lot from dietitian Monica Malo,” he explains,” and although I later dropped out of MOVE!<sup>®</sup>, I’ve hung onto

everything that I was taught and put it into practice.” Using his MOVE!® education as a springboard, and with the strong support of his wife, Danny is maintaining his motivation and a healthy new lifestyle. “I’m doing things differently now. I’ve have stopped eating red meat and processed sugars, for example, and I’ve become a vegetarian,” he says. “I ride my stationary bike and use my dumbbells for exercise, and I feel good.”



### **Nourishment**

Danny says that his main focus now is to nourish the body that he neglected for so long. “I always read about the foods I eat and I try to eat the ones that replenish the nutrients my body needs,” he explains. Changes like this have resulted in huge improvements in his weight and overall health.

“Reading the labels, eating right, and exercising has helped me get down from a size 58 to a 46/48 suit, and from a size 54 to 42 waist!,” he says. “My weight loss—from 365 pounds to 255 pounds—has been equally impressive.” Recently,

Danny’s physician took him off insulin, and he now needs only one diabetes medication.

### **Getting The Word Out**

Danny wants to pay it forward by letting other Veterans know how he was able to lose weight and save

his life. “I want to get the word out because I’m just a ‘Regular Joe’ who wants to live,” he explains. “I was literally dying, and I have bounced back with the help of MOVE!® and my wife.” But Danny’s journey to better health is not yet complete. “I’ve set a goal of 185 pounds, and I have 70 pounds left,” he says. “And I’ll reach that goal because I’m sticking to it and not getting off my plan!”

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