

Setting Goals, Reaching Goals:

VIETNAM VETERAN MACEY PAYNTER DISCUSSES HOW MOVE![®]
HELPED HIM LOSE 53 POUNDS...AND KEEP IT OFF

How long have you struggled with your weight?

“I’ve struggled ever since I **returned** from Vietnam in 1968. But I hadn’t tried any weight-loss programs until MOVE![®].”

How did you learn about the MOVE![®] Program?

“A visit to my VA provider got me thinking about my health. I later got a referral to the program.”

How long have you been doing the program?

“I started in January 2013 at the Durham (NC) VAMC weighing 281 pounds. As of March 2014, I’m down to 229 pounds—that’s a loss of about 53 pounds! And I’ve maintained that loss for 5 months.”

What about the program worked best for you?

“The handouts really helped, as did keeping a weekly food diary. The educational materials were straight forward, easy to understand, and useful. With the guidance of my dietitian, Kathryn Simons, I set concise, simple, easy-to-reach goals for myself every month.”

How have your life and health improved?

“I’ve made a major lifestyle change that consists of regular exercise and healthy eating. My A1C has decreased from 7.5 to 5.4, for example, and I’ve reduced my blood pressure medications by half. I’m sleeping well, and I have more energy and feel better. I’ve lost 8 inches on my waist—family and friends keep telling me how great I look!”

Who helped you reach your goals?

“Kathryn provided me with the suggestions, support, and understanding I needed. She knew my knowledge base and preferences, and asked me about making specific, reasonable changes each month—she didn’t just tell me what to do. Staff and friends at



the local YMCA where I exercise have also really encouraged me. And my wife's been a great support, too."

What's your exercise program like now?

"I started with an initial goal of walking a mile at home. Now, I'm in the gym using an elliptical, stationary bike, treadmill, and spin classes to exercise for 1 hour, 4-5 times per week. I garden every day and mow my own lawn. I keep an exercise log, and I've already done some 5K- and 10K-events!"

How has your diet changed?

"I now concentrate on quality instead of quantity. The first things I cut back on were soft drinks and whole milk, which I used to drink a lot of. Now, I drink low-fat milk and a little sweet tea—I haven't had soft drink since January 2013! My food is mostly fresh fruits and vegetables now—some of which I grow in my garden—and I keep a daily food log to track my habits. My wife and I also don't eat out as much anymore."

What would you tell other Veterans about MOVE!®?

"If you care anything about your health, move away from the table and MOVE!® into an exercise program!"

