



Motivation from Within is the Key to Success

by Krista Kazembe DPT



Donald E. Jensen at 21 years of age
(1969)

Veteran Mr. Donald E. Jensen started MOVE on Sept 10, 2010 at 263 pounds. He chose to participate in the MOVE! Telephone Support Program, and receives calls from MOVE! once a month. Monthly discussions include weight checks, education on improving nutrition and activity levels, as well as supplying support and monthly recommendations for continued success.

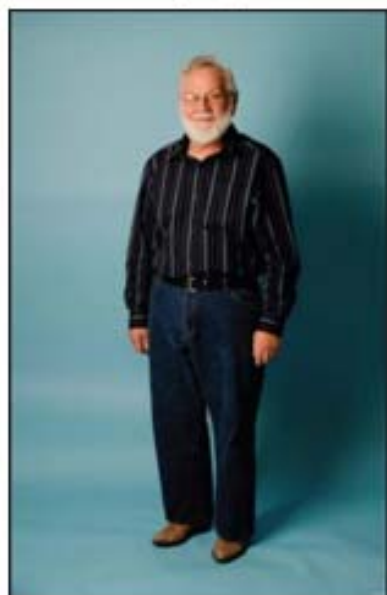
Mr. Jensen looked at his lifestyle and targeted specific behaviors he wanted to change, behaviors he realized were holding him back. He pinpointed personal action steps to focus on each month. These increased over time and now include:



Donald E. Jensen at 262 pounds
(2010)

- 1 I will ride my stationary bike 20 minutes every day.
- 2 I will walk 10-20 minutes every day.
- 3 I will cut back on desserts.
- 4 I will drink 8 glasses of water every day, including 2 glasses before each meal.
- 5 I will reduce potatoes and pasta in my diet.
- 6 I will cut back my soda intake from 2 cans to 1 can diet/day
- 7 I will read food labels.
- 8 I will switch from 2% milk to 1% milk.
- 9 I will decrease my food portions.

With planning and commitment, Mr. Jensen's action steps paid off, helping him to lose a total of 65 pounds so far. The key to Mr. Jensen's ongoing success was his internal motivation to improve his life. He took the information he received from MOVE, and he ran with it.



Donald E. Jensen - After MOVE!

According to his wife, Mrs. Carole Jensen, "We have played Mr. and Mrs. Santa Claus for several years and now we have to stuff his with a pillow. I was surprised how easy it was for him because it suit wasn't a strict diet. He knows he can still have anything he wants. He still has ice cream twice a week after church group, but he doesn't have 3 scoops every night like he used to. Easter morning he was 198 pounds. Getting below that 200 pound mark was a big deal for him." Great Job!

