Richmond VAMC

Veteran's Healthy Living Newsletter

HEALTHY HEROES

I HAVE A DREAM…OF AN OLD SUIT AND GOOD HEALTH!

Who would think that the famous words, which were heralded by Martin Luther King, could also lead to an old suit and better health? Well, a local Vietnam Veteran and retired McGuire VAMC employee, Danny C. Brewster, Sr., has dreamed for many years of ***better health and better quality of life.*** He was motivated by a series of events including a suit he wore twenty-one years ago. Progressive weight gain to over 365 lbs added to other life-threatening conditions which required many emergency room visits prompted him to change his lifestyle. It was in March of 2012 that Danny Brewster decided to change because he would always think of God placing him on earth for a divine purpose – to help others.

Danny before his weight loss

Lo and behold, he found out that making the right food choices, exercising at least 30 minutes daily, prayer for strength and the right motivation (that Old Suit of Danny's) with determination can lead to positive results.

"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."

"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.

Danny Brewster exercises regularly which consists of walking, riding a stationary bike and working out with dumb bells. All of this has led to his enormous weight loss of 120 lbs. Now, Danny says 'no more pills and no more insulin.' He currently weighs 245 lbs. with a goal of weighting 185 lbs for his 64th birthday in August of 2013.

Mr. Danny C Brewster, Sr. is one of our local veterans - a true**Healthy Hero**. Mr. Brewster wants you to remember: ***"IF I CAN DO IT, YOU ALSO CAN DO IT!"***

Congratulations, Danny. Keep up the good work.

Eat Wisely

Did you know there are simple actions you can take to eat wisely? By eating wisely, you will maximize your health. Look for a variety of foods including vegetables, fruits and whole grains. Include fat-free or low-fat milk products in your diet and try to limit salt, fat, sugar and alcohol.http://www.prevention.va.gov/eat_wisely.asp

One or Two Marshmallows?

"Willpower or self-control can make the difference between success and failure in just about every aspect of life. The first step in self-control is to set a goal."

Rediscovering the Greatest Human Strength: WILLPOWER

Roy F. Baumeister & John Tierney

Light and Lively Lunch

Curried Chicken Salad with Apples and Raisins

Yield: 2 servings (serving size: about 1 cup)

- 1/4 cup low-fat mayonnaise $
- 1 teaspoon curry powder
- 2 teaspoons water
- 1 cup chopped skinless, boneless grilled chicken (about 4 ounces)
- 3/4 cup chopped Braeburn apple (about 1 small)
- 1/3 cup diced celery
- 3 tablespoons raisins
- 1/8 teaspoon salt

Combine mayonnaise, curry powder, and water in a medium bowl, stirring with a whisk until well blended. Add the grilled chicken, chopped apple, celery, raisins, and salt; stir mixture well to combine. Cover and chill. Serve with whole grain crackers or spread on whole wheat bread.

Nutritional Information for curried chicken salad (without crackers or bread)

Amount per serving – about 1 cup

- Calories: 222
- Calories from fat: 22%
- Fat: 5.4g
- Saturated fat: 0.9g
- Monounsaturated fat: 1.7g
- Polyunsaturated fat: 2g
- Protein: 17.5g
- Carbohydrate: 26.9g
- Fiber: 2.5g
- Cholesterol: 50mg
- Iron: 1.5mg
- Sodium: 731mg
- Calcium: 30mg

Thanks to Cooking Light

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