

My testimonial....

# NATIONAL DIABETES PREVENTION PROGRAM

Brent Budge, Participant

# My Family History

- My dad, just a few days after having open heart surgery. He has Type 2 Diabetes.



# My Family History

- My Grandma Cowley – also a Type 2 Diabetic



Me.....



- ⦿ Always been active
- ⦿ But I LOVED sugar!

*Well.....and Golf too!*

Didn't really think my health was a problem....

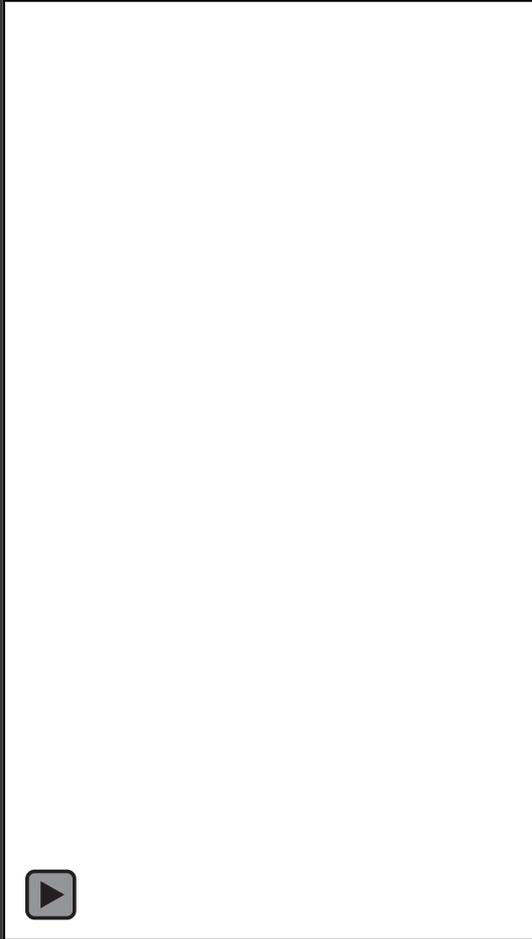


But my A1C said I needed to make a change...

Meet my wife....DPP Lifestyle Coach



# She signed me up for the class



Yep, You could  
say I was pretty  
excited!

*(Sarcasm Inserted Here)*

I started  
making  
changes...

Even hit the  
gym for  
strength  
training



And our family ran together,  
regardless of the weather



# Some things I learned...

- ⦿ Don't drink your calories!
- ⦿ Portions matter!
- ⦿ High fructose corn syrup is the devil on my shoulder!
- ⦿ But I am an “all in” person and gave 110%
- ⦿ I liked the support and accountability of class and being weighed in

# My results

- I have lost 44 pounds...
- I have reduced my anxiety...
- I am making other goals for myself and have the confidence now to succeed

