

HEALTHYPARTNERS

Dan Stout, Healthy Partner, Quality Control Inspector, Savannah

Can a video game really help a family lose weight and get in shape? Ask Daniel Stout, Quality Control Inspector in Savannah. Dan bought a Nintendo Wii game system for his then 10-year-old daughter, Katie, last September – and he’s been a new man ever since.

In his younger days, Dan used to be a body builder, but like many of us he became more and more sedentary over the years. After learning at a doctor’s office visit last year that his weight was at a record high of 199 pounds, he took a long look at himself in the mirror and decided he didn’t like what he saw or how he felt. The realization hit hard. “I wasn’t taking care of myself and it showed,” he admits. He began to think of his father, who had a heart transplant years ago, and understood that he was headed down the same unhealthy road.

Dan is a very spiritual man, so his first response was to pray for direction. Then he got into action. In the past, he turned to starvation diets to lose weight, but found that approach unhealthy and unrealistic to continue the rest of his life. This time around, Dan played it steady and sensible, eating right and beginning a walking regimen. His progress was slow but steady at first.

Then, Dan purchased the Wii for his daughter Katie and the Wii Fit to supplement his



walking program, and the fun began! The Wii system uses a wireless, motion-sensitive controller, so the player can throw a punch or swing a baseball bat using real motions rather than pushing buttons. No more sitting in one position just moving your thumbs! The Wii Fit is a separate program designed to help the user achieve fitness goals and have fun at the same time. It includes activities that focus on strength training, aerobics, yoga and balance games and helps you track your progress.

“Soccer is a blast,” Dan says enthusiastically. “And hula hoop is a real cardio workout and great for abs. You really break a sweat.” Ski slalom and boxing are two more of Dan’s favorites. Since the system promotes good posture and balance, Dan has noticed an improvement in his alignment. His exercise regime has provided him greater core (abdominal) strength and a finer sense of balance that has improved his backaches.

These days, Dan is weighing in at a trim 180 pounds and he’s active every day. He feels lighter on his feet and in his heart, too. “My stress level is lower than ever before,” he says. What about the rest of the Stout family? Dan says he wants to be an inspiration to them and admits with a smile, “Katie’s better at boxing than I am!”