

***About Health with Jeanne Blake***  
**Getting Healthy with Gary – Part 2**  
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JEANNE BLAKE: Welcome to About Health. I'm Jeanne Blake. Millions of Americans want to lose weight and we all know that losing weight and keeping it off is a big challenge. On this edition of About Health, we continue our series "Getting Health with Gary." Gary Stack set a goal of losing 80 pounds and he joins us now with Kathy McMannus, the Director of Nutrition at Brigham & Women's Hospital in Boston to tell us how he's doing. Gary, you're into this one month, you've lost seventeen pounds. Congratulations!

GARY: Thank you very much.

JEANNE BLAKE: How was it over the last month?

GARY: It wasn't easy. Once I weighed myself and I saw the weight, all of a sudden I said, it wasn't that hard, there's challenges, you know. There's temptations. It hasn't been that easy.

JEANNE BLAKE: But it was a whole lifestyle change. When you were here last time you talked about you're the cook in the house and you would make extra meatloaf and mashed potatoes, or shrimp scampi the night before,

GARY: And have it for breakfast the next morning.

JEANNE BLAKE: This is a complete change in your lifestyle.

GARY: I'm moving my body and exercising. I've changed my drinking. I haven't had a cigarette since the show. There's been a lot of things.

JEANNE BLAKE: You quit smoking at the same time?

GARY: I call myself a part-time smoker, whenever I drank alcohol I would have a cigarette.

JEANNE BLAKE: So you've cut back on alcohol as well.

GARY: I haven't had a beer since the last show.

JEANNE BLAKE: So it's been a month. I think we should explain to the viewers that when we ended the last interview where, Kathy, you gave Gary a lot of advice about the importance of changing his diet, you showed him what portions he could eat, talked about putting more vegetables into his diet and the importance of getting out there and walking. But afterwards you really gave him some real structure, you really gave him some menus and this of course was all off camera. But you also made the generous commitment to talk to him every week. What have those conversations been like?

GARY: We haven't gotten together. I was out of town for two weeks and then the one day she called a couple times on Fridays, I had my phone off, I was in the hospital, my dad had health issues, and I've been in Maine. We haven't actually, she's called me about a dozen times.

JEANNE BLAKE: Good for you Kathy.

KATHY: I think what the important thing is that we talked at our first session about the quantity and the quality of the diet. So that's really what we were looking at. We were looking at a number of different things that we wanted to accomplish. We set up three or four short-term goals so that we could see some improvement. Gary did a fabulous job. First of all, what he did was he kept a food record for me and that was number 1. So it gave him more accountability as far as what he was doing and it really opened up his eyes I think a little bit as far as portions go and as far as how we were going to try to eat a little bit differently. And he would fax those to me for the first week so I was able to review and kind of keep in going in that respect that he was doing a great job there. I think one of the other things that we really did focus on was the types of fats that Gary was eating. I think that was a little bit eye opening for him. He used the book to kind of get through and find out where the unhealthy fats, where the saturated fat and the trans fat and he paid attention. He gave up his butter, he cut down on his cheese, and he did a lot of really healthy

GARY: Almost no dairy at all. I was big on ice cream, butter...

KATHY: So he really made some major changes in that respect.

JEANNE BLAKE: And the third goal is exercise?

KATHY: Is exercise and he's been out every day walking. So when you put those two together.

JEANNE BLAKE: Let's take them one at a time. Tell me about how you integrated exercise into your life that wasn't there before?

GARY:                   Every day. I'm walking every day or walking/hiking and unfortunately, I live right across the street from a pond and there's little water, little brooks, there's trails, there's a golf course, a great area to do this and I bring my dog Max and I bring my fishing rod and I make myself walk for at least an hour before I can start fishing at all.

JEANNE BLAKE:       That's fantastic an hour a day after work.

GARY:                Yeah, and then I'll fish for 15 minutes, then I'll walk a couple hundred yards to another fishing spot and it takes me a half hour or so to get back home and we go up hills, off trails, everything.

JEANNE BLAKE:       If someone said, Gary you can't exercise today, would you miss it?

GARY:                I think I would miss it.

JEANNE BLAKE:       That's amazing. That's an amazing transformation in a month.

KATHY:                In just a month.

GARY:                I really would. I would miss it.

JEANNE BLAKE:       Now tell us about how you change the way that you cook and you are not using butter but you're also not eating ice cream and cheese. Those are big, big changes for someone who's really considered those staples of his diet before.

GARY: I get drunk every night so it doesn't really bother me!! It's bizarre how I cook now. I buy low-sodium or no sodium stuff. Trans fat, like I was explaining to her. If someone told me about trans fat two months ago, I would have said I want more of it because it was probably going to make my food taste better. I don't use any salt at all.

JEANNE BLAKE: Let's go back to trans fat? You're using Olive Oil instead of butter.

GARY: Yes, I don't use any salt. Lemons have become dear friends. My best friends. I put it on everything.

JEANNE BLAKE: How are your taste buds responding to this new way of life?

GARY: They were upset in the beginning. Don't get me wrong. The first week wasn't bad honestly and I think a lot had to do with I'm on a show, the nutritionist is going to be mad at me. You know. It was the motivation factor, I guess. The first week honestly, the second week was tough and I had some good days and bad days. I don't mean to sound like an alcoholic but people have good days and bad who have worse problems than just being fat. But I have some bad days but just cooking healthier.

JEANNE BLAKE: And what about the portion control? Because when you were last here, we showed you what would be a portion of beef and you looked at it and said, it was more like a tip than a steak.

KATHY: Tell the viewers about the steak tips that are frozen?

GARY: Yeah, we had steak tips Saturday. I haven't had them since before the first show. What I normally do is I buy my meat in bulk and I cut up the steak tips and put them in a bag with marinade and freeze them and take them out that morning and defrost them. Well, I took a bag out for the first time and defrosted it and it's a large amount of steak tips in that bag so I took one out and I bought a scale to measure my food and I laid in on a napkin and it was like 4 ounces.

JEANNE BLAKE: One tip?

GARY: One tip. And I would have six to eight of them. Now in the bag, there's between twelve and fourteen of them because I would eat 8, Kim might eat four and I'll have four in the morning for breakfast. So all the bags, I've got three more bags, they all got between 12, 14, 16 tips in them.

KATHY: So how many did you have?

GARY: I had two that night.

JEANNE BLAKE: Amazing. So what would you say when you said that you had tough times, give us an example of when you just said you really had to dig deep, when did that happen?

GARY: Social gatherings. When everyone else is eating. The cheese, the crackers, the chips, the dip. All the stuff that I would be cooking or grazing like a cow over the two hours that I'm there.

JEANNE BLAKE:                    So what did you do?

GARY:                    Nothing. I just said, you can't have that. You fat S.O.B. I'd say to myself. I mean, I'm not losing my mind, but I'd talk to myself as far as saying that's good, but jeeze that's disgusting.

JEANNE BLAKE:                    Kathy?

KATHY:                    A couple things. One suggestion is to look at it as I'm choosing not to have it right now. So it kind of takes the pressure off it a little bit, that I'm never going to be able to eat these things again, but right now, for this moment, I'm choosing not to have it. I think the other thing to remember when you're eating with a group of people and you're socializing and so on, to try to not sit or stand right next to where all the food is. It just is a little bit easier to grab and pick if it's right next to you. And thirdly, if you can, I usually people bring something that they know they can eat. So even if you're not asked to, whatever, but bring a lot of healthy food.

GARY:                    I actually did that. People that I haven't seen are like, what are you doing and I brought turkey tips, I brought four of 'em in a little baggie. It's a cookout and everything's there. I'm walking in with a little baggie of Turkey tips but then people who I haven't seen, I told them what's going on and they like, that's great, good for you because I knew there'd be beef and beef.

JEANNE BLAKE:                    and more beef

GARY:                    Sausages. Things that I just love.

JEANNE BLAKE:        So Gary, I'm curious because when Kathy described for you and showed you the menu, I think that you can have half a sandwich for lunch. It's a lot less than what you were eating and you do physical labor during the day, so I'm curious, have you been hungry during the day?

GARY:                No. Because I'm eating apples. Sometimes I'll have a little celery and carrots. I'm eating a lot of apples.

KATHY:                We talked about that a little bit too. As far as shifting the proportions of foods and I think that's just what Gary did. Gary cut back on a lot of the meat and the high-saturated fat foods and what he's been able to replace was the fruits and vegetables that give fiber and than can help fill you up.

GARY:                I've doubled up. On a meal, I've doubled up my normal vegetable intake. I was so used to eating good, delicious stuff that I love that I would eat unbelievable amounts. Whatever was available. You know, now I'm eating a lot of vegetables and six ounces of this, the meat, hardly any red meat, I'm eating a lot of fish a lot of chicken. I notice I'm not eating as much. I don't know if it's I'm full or the fact that I think it's not 12 fried scallops. I'd eat all 12 and then ask for 6 more because my body's saying this is good, you're full, I guess you're full, yeah, you're done. I don't know. Things are happening that I really don't understand.

JEANNE BLAKE:        How would you say that you feel differently? Physically, how do you feel differently?

GARY:                I'm sleeping better.

JEANNE BLAKE:     Already?

GARY:             Yeah, the first, after two weeks, just the 7 or 8 pounds that I lost and the constant exercising, I'm sleeping better, I'm breathing better, I mean, it's only been a month, but it's a noticeable change, breathing, sleeping, it seems like I have more energy. I'm not as lethargic when I come home. I'm going outside. It's amazing. It's only been a month and it's not but it really has improved, I can feel it.

JEANNE BLAKE:             Kathy, I would think that that would be a combination of the lifestyle change and also the weight loss. Will 17 pounds make that much of a difference in someone's energy level?

KATHY:             Absolutely. I think as Gary just described, all of those things, being able to breath better, being able to just to move up and down stairs, in and out of the car, all of those kinds of things make an impact over time so the 17 pounds is significant in helping to move better.

JEANNE BLAKE:     In the range of weight loss, in people that are just beginning a new program where they would like to lose a significant amount of weight, and Gary wants to lose 70 to 80 pounds, where on the scale is 17 pounds? Is that above average, is that what people can expect to lose in a month?

KATHY:             That's above average. It definitely is above average. Now, having said that, I think it depends upon where you start and how much you have to lose. So people that want to lose more will most likely tend to lose a little bit more above average, but it doesn't

mean that people who want to lose less, that they're less successful. The bottom line is doing it healthfully as Gary is and combining both eating right, eating less, watching portions and moving.

JEANNE BLAKE: The other thing that we discussed was that you wanted Gary 30 minutes a day, I thought it was 5 days a week and you're exercising/walking, let's say walking/moving an hour a day how many days a week?

GARY: A good five.

JEANNE BLAKE: That helps too.

KATHY: Absolutely. The more people that can get out there, and you don't even have to do it all at the same time. You can do half an hour at one time and half an hour at another time.

JEANNE BLAKE: It also sounds like you're getting a lot of support from your friends and I'm sure that Kim is being supportive.

GARY: I mean it's just amazing. Kim's been, I mean I'm doing all of the cooking but she's like, no, I'll eat just what you eat. Maybe she'll use a little salt because I'm not using any and she just tells me, Gary that's great you're going out in this bad weather.

JEANNE BLAKE: You're going out in the rain?

GARY: I go out, if it's raining, I'll do the treadmill but I force myself to move and Kim, she goes you're doing great, you look, nothing but support. My family, all my friends think it's hilarious that I'm going in front of a camera showing people my belt, but they all think that it's great that I want to change I think is the big thing. They've known me long enough that I've done Atkins Diet, and this diet and they're like change. The word change is something that I never used. But they're all behind me. There's also some of them that want to see me fall flat on my face just for their benefit, for their entertainment.

KATHY: But support is key and that's one thing that we know from the research, that people that have support or seek out support or most likely going to be successful.

JEANNE BLAKE: I think it's fantastic that you went to a cook out and, it's not something that you're ashamed of. You're seeing this as something that's positive.

GARY: I'm a season ticket holder for the Patriots. I did cancel. I didn't go to the game. I didn't think I could refrain. We're there for 2 or 3 hours before the game. I am going to the next game because I lost all this weight so in my mind I know it's a marathon with me it's not a sprint and I'm amazed I lost this much.

JEANNE BLAKE: Kathy, what should the expectations be for Gary the second month? Do you think that, let's manage Gary's expectations. Would you be surprised if he lost another 17?

KATHY: I'd be surprised. Again, it would probably be closer to 8 to 10 pounds. And again, that's a huge percent and as Gary said, and I think it's a great attitude is the journey. It's really not a destination and often times taking your time to really getting used to some of the

behaviors just as Gary had. To bring food, also things, thinking about when you're eating out socially. That takes time. To think through and to figure out. But the reality is it will stay longer.

JEANNE BLAKE:                    Now you've developed some of your own recipes. I mean really honestly when this is all over, you'll probably have your own cooking show. You understand that don't you? Contracts will come flying in.

GARY:                    Well, let's just see if I lose all the weight. That's what I'm in this for.

JEANNE BLAKE:            You have developed some of your own recipes.

GARY:                    Well, I've changed the recipes that I use. Buying low-sodium stuff. Low sodium, I made chicken soup which I changed it from what I normally use the ingredients.

JEANNE BLAKE:            How so?

GARY:                    I use low-sodium chicken broth. Instead of the potatoes and the pasta, I'm putting in rutabaga. I'm using like a coleslaw mix, I'm throwing some of that in there. Carrots, leaks, I threw a ton of leaks in there. I'm using cilantro and some lemon grass.

JEANNE BLAKE:            Gary, come to my house when you cook.

GARY:                    Before it would be, give me a pound of potatoes, a couple, just meaty, starchy, and I eliminated that and I'm trying out deserts. You look for things that take the place of what you ate. You need more flavor you need more of this. There's stuff out there that I never

would, I walked right past. I never knew they were there. When I mentioned to you earlier, broccoli sprouts. C'mon, I don't know anyone who eats them.

JEANNE BLAKE:                   What, Brussels sprouts or Broccoli Sprouts?

GARY:                   Broccoli Sprouts. I never knew that they existed. I'm reading, I saw a heart, it's good for your heart, so that's what I'll do now, oh, what's this stuff? I put it on my turkey sandwiches now for lunch. They're great and I've bought other sprouts now. Things like that, could be chips, and now they're sprouts.

JEANNE BLAKE:        What do you think going, looking ahead, we'll meet again in a month, but what do you think is going to be your biggest challenge over the next month that maybe Kathy can give you support now about?

GARY:                   I don't expect to lose 17 pounds. I didn't expect to lose 17 this month. I think the biggest challenge for me is socially. That's hard.

JEANNE BLAKE:                   Help me understand what that means?

GARY:                   Parties. Get-togethers. You know, where there's a huge variety of things to eat and most of them aren't very good.

JEANNE BLAKE:                   and we are headed into the holiday season. Counting calorie time for everywhere we go.

GARY: Nighttime is tough as well for me. It's like I'm trained to do this in front of the T.V.

JEANNE BLAKE: You did talk about that when you were here last. What are you doing now when you are watching television and you feel that sort of impulse?

GARY: Well, some of it is I'm walking on the treadmill while I'm watching.

JEANNE BLAKE: I thought you were going to say you took up knitting-embroidery.

GARY: I haven't done that in ages. Maybe that's the next one. I don't know what's in store for me. I'm eating a lot of apples. I've eaten more apples this month than I have in probably two years and I'm not kidding. I'm snacking on carrots and celery.

JEANNE BLAKE: So you're still eating in front of the television?

GARY: Still eating.

KATHY: It's one step at a time and I think that's what's important. I think that what Gary is working on a little bit is more mindful eating am I really still hungry or am I starting to get full? I think that that takes time. Take time to develop that skill. Gary's beginning there. So I think that socializing is a huge piece for all of us as far as how to be able to deal more healthfully in all of those surroundings and you're right, we're hitting, whether it's Halloween, or Thanksgiving, and the holidays after that. My suggestion is to take one at a time and recognize, let's see, have I done this before, have I been there before. What do they serve? If you don't know, call up find out. It's just friends and family for the most part. I always recommend bring

something that you know that you can eat that's going to be helpful and I guarantee you that it will be gone because everybody else will be looking at how good that looks. Look at what it's doing for Gary. So I think that it's important to try to work through, navigate through, and you are, you are a role model as far as being able to offer some helpful things.

GARY: I'm just a fat guy who dropped a little weight.

KATHY: Others may see that differently. I think bringing some food that's healthful that you know you can eat just like you did at that barbeque.

GARY: Yah, I got a lot of looks at that last barbeque.

JEANNE BLAKE: But I think that Gary's lucky too that he can use his humor and in getting through some of this.

KATHY: absolutely.

JEANNE BLAKE: It does help.

GARY: Yah, something's helping, so if that's part of it, it does help. I mean, I'm not ashamed, I'm not.

JEANNE BLAKE: You said that in our first program.

GARY: But there's times when I was and I think, like I mentioned to her, that I categorized people. There's fat people and then there's you people. And I think us fat people,

sometimes a lot of people don't understand are trans\_\_\_\_\_ in how we think. I have healthy people that are supporting me, it's just hard, it's hard the way I normally think and now I'm trying to think completely different.

JEANNE BLAKE: Can you give me an example of sometime in the past week that the fat voice spoke and you had to say, wait a minute, you know, we're trying something different here?

GARY: It will happen the next time I go to the grocery store. I'm looking at sodium, cholesterol, I'm looking at ingredients and I'm comparing ingredients. I was eating oatmeal, Bare Naked oatmeal, I go to whole foods, this looked good, but last week, right next to it, there's this bag and it's flaxseed, rolled oats, 2 other ingredients, I'm like what is this? I look at the back and I looked at the back of the Bare Naked this was so much better than which was good and it said that it was fine what I was eating so I'm like, well let me try this. I would never compare, I would never think like try to get better food. It was all about just taste and what I'm used to eating and now I'm eating for my heart, I guess instead of just for my belly, I guess.

JEANNE BLAKE: You told me before when we were talking before our first program you told me that you raised this issue. I think differently than you. You think fat people think differently than people who aren't fat, people who aren't overweight. You gave me an example of going to pick up a pizza and while

GARY: Going to get a sub, and I had a slice of pizza while I'm waiting for the guy to make my steak bomb.

JEANNE BLAKE: And that's another behavior that's changing.

GARY: Yah, I would see someone come in and he'd order a chicken Kabob salad and he would be 5'10" he'd probably weigh 180 and for a split second, as I'm sitting with my slice of pizza in my hand, waiting for my steak bomb, for a split second, I'd think jeeze, no wonder he looks like that. O.K.

JEANNE BLAKE: back to it.

GARY: and now it's like, that's right, that's why he's like that. Why don't you try that? You know, before I'd be like, yah, okay, I've got pizza in my hand I'm gonna eat it and then I'm gonna devour my steak bomb.

JEANNE BLAKE: You're on your way to reaching your healthy weight. Kathy we've got two minutes left, I know that you'll continue talking with Gary, hopefully you guys will have better luck.

GARY: Yah, I think we will. Just all the things she tells me. The knowledge, just the things, I'd never think of any of that stuff.

KATHY: I think one of the other things that Gary and I were talking about was motivation. I think that that is probably one of the most important things for everybody out there really wanting to lose weight. To really dig deep like Gary did and often times you need to hit a point, and it might be a low point, as far as ...

GARY: It was my health and that picture...

JEANNE BLAKE: When you say that picture?

GARY: I think, I don't know if I mentioned in the last show, I'm down on the rocks at Martin's Point and I'm yelling to Kim I caught this big striper, and it was an awesome photo, except that I had no shirt on and I hadn't seen myself in a photo for five years without a shirt, and all I could think about was jeeze you ruined a once-in-a-lifetime photograph.

JEANNE BLAKE: You did not mention that. You have the picture?

GARY: I don't, I'll bring it next time. I have it on the refrigerator.

JEANNE BLAKE: and now it's on your refrigerator, back to the motivation.

KATHY: Exactly. So that's what he thinks about now, and it really is. And that besides the breathing, which was also another thing that brought you to this point.

GARY: Breathing's the one, I guess I hit rock bottom when I bend down to tie my shoes and I'm huffing and puffin and that picture are the two things that made me know I had to change and not just go on a diet.

JEANNE BLAKE: Gary, thank you so much for coming in. This is really exciting and I'm grateful to you Kathy, I know that you've been a really big important part of Gary's being able to start his journey as you call it and staying on track. It's really exciting.

KATHY: It's a team effort.

JEANNE BLAKE: Good luck in the next 30 days. I have a lot of confidence in you.

JEANNE BLAKE: We'd like to thank you and YOU for joining us on *About Health* as we get healthy with Gary and we will plan to see you back here the next time. I'm Jeanne Blake.

Thanks for joining us.

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