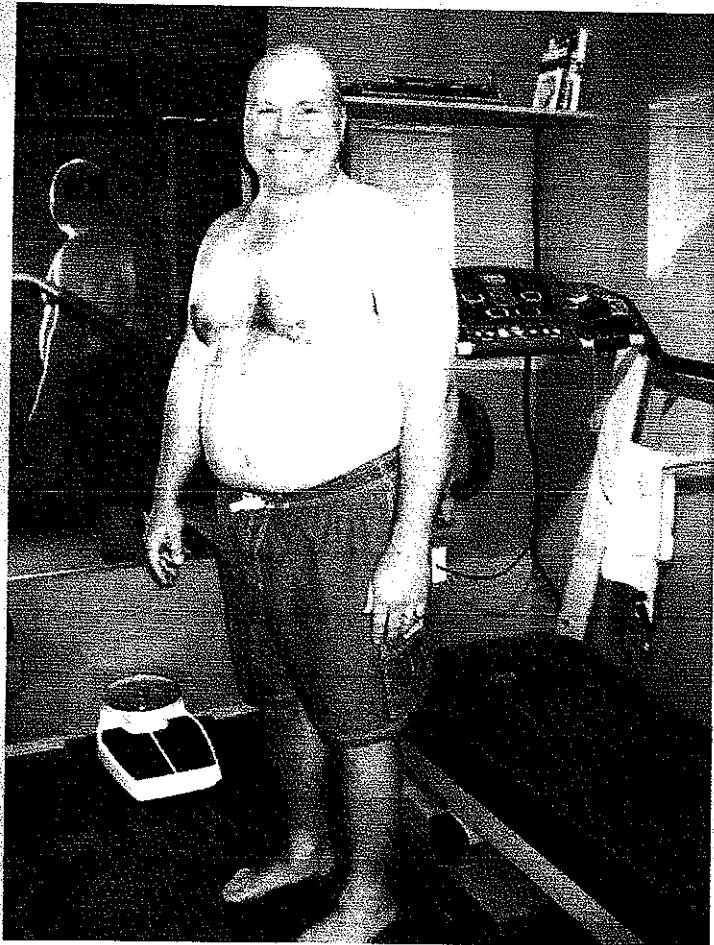
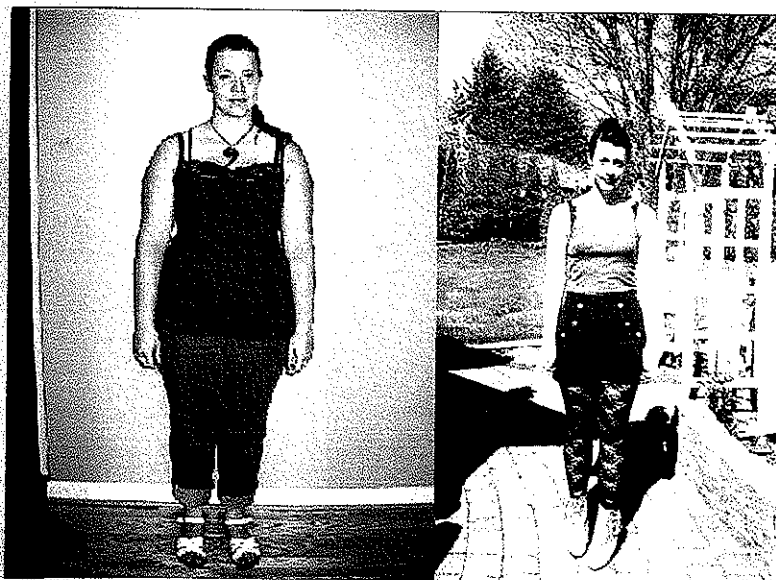


Thank you co-chair Thompson and co-chair Greenlick, members of the committee. My name is James Carter, I am here today with my wife Cheryl Carter. I was born and raised in Oregon and lived in and worked here my whole life with the exception of the last 2 years. I now reside in Vancouver Washington. All my family members including my children still reside and work in Oregon State.

- I'm here today to urge the Legislature to encourage citizens of this state to participate in a program that focuses and teaches habits of health for optimal living. I will explain in brief my journey from surviving to thriving and then explain how the State and employees of this state could benefit by the Take Shape for Life program.
- 
- My wife and I have been overweight our entire adult lives and had tried just about every diet out there with some success for a short time and always gaining the weight back. We came to accept the fact we were overweight/obese and no matter what we did, it didn't work long term.
- 
- While Cheryl, my wife, was working for the United States Postal Service, she was introduced to the Take Shape for Life program by a co-worker. She witnessed and was amazed by his transformation, he lost 60 lbs in 3 ½ months. What she saw, gave her hope. On April 4, 2010, we made the decision to start the program. Within a couple of weeks we knew that this program was something very different from anything that we had ever done. 4 months after starting the program Cheryl lost 62 lbs and I lost 71 lbs, a total of 133 lbs in 4 months. Not to mention our daughter Ashley who lost 90 lbs in 5 months and has kept it off for over a year now. Life changing for sure! Friends and family watched as we melted away and I am so happy to share with you today, our families combined weight loss is over 700lbs and together thanks to this amazing program. Prior to this nutrition and lifestyle program, I was taking several prescription pain medications for hip pain. My Doctor referred me to a Surgeon that said, I will need to have my hips replaced within the next 5 years. I shared with him that I made a decision to start a program and will be losing 50 lbs he told me that losing weight would not make a difference. I am happy to say, he was incorrect, I am completely off all pain medications and I am now pain free.
- We, along with many friends and family members are living a much healthier, happier lifestyle.
  - This program provides the one-on-one coaching, support and encouragement so many of us need to actually implement these habits to create REAL health in our lives. I ask you to sanction and encourage citizens in our State to participate in this program that promotes and guides people to optimal health for the rest of their lives.



**Weight Loss: Jim 71 pounds  
Cheryl 62 pounds**



**Ashley lost  
90 lbs in 5 months!**

