

GVSU Health & Wellness Star

Dan Lopez



Officer with the Pew Campus Security for the past 4 years was determined to make permanent lifestyle changes. Dan was tired of feeling lethargic, dealing with achy joints, and the basic lack of energy for daily tasks. His weight loss journey and commitment to a healthy lifestyle began in the spring of 2007.

After a weigh in at a doctor's appointment, Dan did a self assessment. He decided that now was the time to take action. Immediately, he stopped consuming fast foods and soda. He replaced his meal and beverage choices with healthier options such as fresh fruits, vegetables, lean meats, plenty of water, and green tea. Within a few months, Dan lost an astounding 50 lbs!

Implementing healthy habits, along with keeping active, are lifestyle choices that Dan still practices. No fad diets or quick fixes here! He incorporates mobility whenever possible, especially on the job. He opts to bike or walk to his destinations, use the stairs, park in the furthest spot, and work outside whenever possible. Dan is intensifying his workouts by incorporating strength training and increasing cardio activity through 5K training.

In addition to Dan's active life, he emphasizes portion control at meal time. This tool helped him achieve his weight lose goals. When he did not over eat and gave his body the calories it only needed and used for fuel instead of stored, he felt a surge in energy and overall health. He consumes 3-4 meals a day with these smaller serving sizes. Don't get us wrong, everyone likes to splurge on occasion. Dan allows himself the occasional treat, but of course in moderation.

“It's the small subtle changes”, advises Dan.

Any weight lose goal may seem overwhelming. Day by day perseverance and making both minor and major adjustments to lifestyle choices are the keys to success! Dan wants to be an encouragement to others. Don't get discouraged but take the small steps each day and keep pressing on!

“Anybody who wants to lose weight, just know, it is possible!”

Dan's trek began at 390 lbs. With his life changing choices, **total weight lose to date is 135 lbs!** Way to go Dan! Departmental contests & Campus Security's biggest loser with GVSU's Health & Wellness program were great tools, support, and motivation. Dan's biggest desire from his journey is to be able to share with other's his story and be an inspiration. He is still setting goals and staying focused through the input, praise, love, feedback, and support from family, friends, and co-workers. He encourages each one of us to take the challenge and commit to obtaining increased energy, mentality, and focus in addition to the overall good feeling of health!

Your true success story is an inspiration to many others!