



Department of Health  
Agency of Human Services



## This Spring, 'Make Your Moment Now' to be Healthier

*National Public Health Week is April 7-13  
- Working Every Day for Your Health -*



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BURLINGTON – Guy Esiverne was chosen for the Vermont Department of Health *Make My Moment* campaign last year after sharing his story about how he lost 53 pounds, from 300 down to 247.

Serving as a spokesperson on TV and online videos increased his drive for physical activity and healthier eating. In recent months, he lost 10 more pounds, put a treadmill in his living room, and routinely wakes up at 5 a.m. to hit the gym.

He noticed that as he improved his fitness, others around him began to change as well. His children now walk on the treadmill, just to be like their father.

The Health Department is encouraging all Vermonters to inspire each other and “*Make Spring your Moment.*” Longer days and warmer weather create endless opportunities to be physically active.

“All it takes is a moment to change a lifetime,” said Sue Kamp, health systems program administrator. “We invite you to take inspiration this spring from those Vermonters who have shared their stories, and take advantage of the tools we offer for healthier eating and active living at [healthvermont.gov/mymoment](http://healthvermont.gov/mymoment). And if you're so inspired, share your own story to encourage others.”

Change is never easy, but those who commit to new habits see rewards in every aspect of their lives. Esiverne outlines his daily plan that includes eating six small meals throughout the day instead of three big meals. He recently added pushups and planks to his physical training.

“The benefit of living in Vermont,” says Esiverne, who grew up in a city, “is we have so many healthier choices, and a lot of great people here who will encourage and work with you if you want to get fit.”

You can [watch Guy talk about the moment he realized he needed to make a change in his life](#). His inspiring story describes how his weight gain and chronic chest pains led him to step it up for his son and to perform better at work, by eating healthier and making time to exercise:

**To learn more** about *Make Your Moment Now* visit: [www.healthvermont.gov/mymoment](http://www.healthvermont.gov/mymoment).

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