



“WHEN I WAS OVERWEIGHT, I WAS CLOSE TO HAVING DIABETES, HIGH BLOOD PRESSURE AND CHOLESTEROL PROBLEMS.” — David Clouse

EMBRACING A HEALTHY LIFESTYLE

David Clouse was a self-proclaimed “couch potato” who loved to eat. When his dad had a heart attack at age 51 and his mother passed away after weight-related problems, David knew it was time to take action. “Before my mom died, she called my brother and me into her room,” David recalled. “She wanted us to do something about our weight.”

A few days after David’s mom was buried, he read about the 2006 “Commit to Be Fit” weight-loss challenge in the Massillon Independent newspaper. He applied and became part of the Aultman team. “My two partners and I chose the Aultman Weight Management ‘New Direction’ program,” David said. “I was on an all-liquid diet for 57 days and lost 50 pounds during that time.”

David dropped 92 pounds on the Aultman Weight Management program, and his health greatly

improved. “When I was overweight, I was close to having diabetes, high blood pressure and cholesterol problems,” he shared. “After losing weight, my blood pressure decreased from 154/95 to 108/72 – and my cholesterol dropped 90 points.”

A Revolutionary War reenactor, David incorporates exercise into his regular routine. “I swim, do yoga and run or bike,” he offered. “In the last two years, I’ve competed in 37 races including 5k runs, half of the Akron Marathon and a triathlon.”

Although David still battles the urge to overeat, he embraces his role as a model of good health. “My wife eats healthier now. And the guys at work ask me about healthy foods and exercise equipment,” he said. “I’m humbled to be an inspiration to others. My mom would’ve been proud.”