

## **Transcript: My “Aha” Moment**

Sometimes I think about how it would have been had I not done this and I don't think it would have been good. One of my “aha” moments was way before I went to that orthopedic doctor. I was sitting in a mall one day, waiting on my daughter who was shopping... and I was tuckered out. And I noticed there were no really old heavy people. I had probably been sitting there half an hour and I saw chubby babies, chubby toddlers, chubby children, plump teenagers, fat adolescents, obese adults. But as I started going up I noticed, I was waiting for that 80-year-old obese person to walk by and it hit me. People don't live that long when they're morbidly obese... and I ...wanted to live a long time.