**Tony Lub Peev Xwm Hloov Txoj Kev Rog Heev**  
**Tony’s Courage to Change His Weight**  
**Script English- Hmong**  
**SoLaHmo Radio Story about Healthy Family Lifestyles**

**Main Character:** Tony (15 year-old boy)

**Secondary Characters:** Narrator, Lisa (mother), Dad (Tony’s dad), School Nurse, Tony’s Sister, Tony’s Cousin, Friend 1

**Synopsis:** Tony is a 15-year-old boy who is obese. His school nurse suggests he enroll in a school “fit program” to help him lose weight. Tony is reluctant to change his behaviors and his concerned mother Lisa struggles to help him. After several attempts, Tony and Lisa are able to help him lose weight.

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<tr>
<th>Sound effects</th>
<th>Audio (English)</th>
<th>Audio (Hmong)</th>
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<tbody>
<tr>
<td>Opening music fades in...</td>
<td>The SoLaHmo Partnership for Health and Wellness is a program of West Side Community Health Services. We are made up of Somali, Latino and Hmong community members working together with researchers and health care providers to make a difference in the health of our communities. The story you are about to hear is based on true events. We thank the families who shared their real life experiences to make this radio story possible. All names of characters in the story have been changed to protect their privacy.</td>
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| The sounds of children running around, teenagers | **Scene 1:**  
**Narrator:** At Phalen Lake, a family gathering is taking place. Children are laughing running around and playing volleyball. Parents are barbequing pork,                                                                                  |              |
|                                           | **Scene 1:**  
**Narrator:** Nyob rau pem Pab Dej Phalen, uas muaj kev tej tsev neeg tuaj nyob ua si uake. Cov me menyuum me kuj muaj suab luag, dhia ua si, thiab ntaus pob. Cov niam                                           |              |
**SoLaHmo Voices: Hmong - Obesity**

| Bumping a volleyball around, and the sounds of grilled meats | Hot dogs, and the wives gather around making papaya salad. Tony, a 15-year-old Hmong boy, sits alone on the picnic table. Despite the warmth of the beaming sun, Tony sits hunched over, dressed in black. His eyes remain on the floor, zoning out the sounds of his cousins playing volleyball. Tony’s mother, Lisa, notices her son and asks if he’d want to join in. 

**Tony:** No. I don’t want to.

**Lisa:** Why not?

**Tony:** Um, it makes you sweaty and tired. And if I play, I’ll get out of breath. I just don’t like that.

**Lisa:** Tony, you should at least try.

**Tony:** No Mom.

**Narrator:** Lisa gives up and leaves her son to sit on his own.

| Scene 2: Narrator: It is the start of the academic year. Tony comes home with a letter from the school, finds his mother sitting on the couch and drops it into his mother’s lap. Lisa asks what the letter is about but Tony just drops down onto the couch next to Lisa and kicks his feet up. Lisa reads the letter. |

**Lisa:** Tony, this is saying that there’s a new program at your school to help children who are at a high risk for obesity. And it says, you are at high risk.

**Scene 2:**


**Lisa:** Tony, daim ntawv no hais tias nyob pem koj lub tsev kawm ntawv, lawv muaj ib qhov kev pab cuam rau cov menyam uas yuav muaj teebmeem rau txoj kev rog. Thiab tseem hais tias, koj yog ib tus uas yuav yog cov menyam uas yuav ntsob cov.

**Tony:** Um, nws ua rau koj tawm tawm fws thiab sab sab heev. Thiab yog kuv mus ua si, kuv yuav txog txog siav. Kuv tsis nyiam li ntawd, nas

**Lisa:** Tony, koj yuav tsum tau sim hos.

**Tony:** Kuv tsis kam nas niam.

**Narrator:** Lisa, cia li tsum thiab cia nws tus tub nws nyob nws ib leeg.

| Foot steps into the living room, the sound of someone jumping onto the couch and dropping feet onto coffee table. |

**Lisa:** Tony, this is saying that there’s a new program at your school to help children who are at a high risk for obesity. And it says, you are at high risk.

**Scene 2:**


**Lisa:** Tony, daim ntawv no hais tias nyob pem koj lub tsev kawm ntawv, lawv muaj ib qhov kev pab cuam rau cov menyam uas yuav muaj teebmeem rau txoj kev rog. Thiab tseem hais tias, koj yog ib tus uas yuav yog cov menyam uas yuav ntsob cov.

**Tony:** Um, nws ua rau koj tawm tawm fws thiab sab sab heev. Thiab yog kuv mus ua si, kuv yuav txog txog siav. Kuv tsis nyiam li ntawd, nas

**Lisa:** Tony, koj yuav tsum tau sim hos.

**Tony:** Kuv tsis kam nas niam.

**Narrator:** Lisa, cia li tsum thiab cia nws tus tub nws nyob nws ib leeg.
**Tony:** [with a careless attitude] Yea, I guess it says that. It says I’m fat.

**Lisa:** Don’t say that! You know, because our family comes from a big family and grandma and uncle have high blood pressure and high cholesterol. I’m just worried for you. I want you to join. I’m signing the consent form. Okay?!

**Tony:** Sure, whatever Mom.

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**Scene 3:**

**Narrator:** Tony joins the school program. The program takes blood test and physical exams to see the health of the children. Tony’s results reveal that he has high levels of cholesterol and is obese. But while Tony doesn’t think it’s anything serious, Lisa is concerned so much so that she and Tony return to speak with the school nurse about the consequences of high cholesterol and obesity.

**Nurse:** Right now, you don’t notice anything. There are no symptoms now. But people with high cholesterol, when they get older, like in their 40’s or 50’s, they start having heart attacks, strokes, and other heart disease. High cholesterol can create cardiovascular problems, like increasing your chances of having a heart attack or the increase of plaque in your arteries.

**Lisa:** What about for obesity?

**Nurse:** Obesity can cause cardiovascular disease and can cause high blood sugar or
diabetes. Obesity can also cause early onset of osteoarthritis, which is the increased wear and tear on your joints. So, your weight bearing joints, like your knees, will start to give out on you earlier because of the excess weight. It will make walking more difficult and painful.

Lisa: What should we do?

Tony: [Deep sigh]

Nurse: You guys can start by cutting portion sizes, cutting out fatty and sugary foods, and increase exercise. Tony should eat more fruits and vegetables. Consume water instead of sugary foods and drinks. So, like, Tony, if you drink whole milk, you should switch to skim milk. Exercise is important, even if it’s only for 30 minutes. Here’s some brochures for you guys to take home.

Scene 4:
Narrator: At home, Lisa tries to have a family conversation about Tony’s blood results.

Lisa: Tony, I’m so concerned about you. What the nurse says is serious. We as a family have to think about more. You know, since now, Tony, you have high cholesterol, even if we don’t have it but Tony has it. We still, as a family have to change the way we eat and how we’re living. That will help all of us too. We as parents have to get involved in order to help out too. If we don’t, Tony’s condition could get worse.

Lisa: Es peb yuav ua cas no?

Tony: [Deep sigh]

Nurse: Noj zaub noj mov tsawg zog, caiv cov khoom noj uas muaj muaj rog thiab qab qab zib, thiab yuav tsum tau dhia ua si kom taws fwm ntai zog. Tony yuav tsum noj txiv hmab txiv ntooj thiab zaub kom ntai zog. Yuav tsum hauv dej dawb es tsis txhob haus dej qab zib thiab noj qhob noom. Ces zoo li Tony, yog koy yuav hauv kua mis ces koy yuav tsum hauv cov kua mis yuag. Txoj kev dhia ua si kom taws fwm nws tseem ceeb heev, txawm hais tias koy yuav ua 30 nas tis xwb. Kuv muab ib co ntawv qhia txhog qhov peb tham no rau nej qab mus tsev.
Dad: Okay.

Lisa: Because, sometimes, if they are overweight, they kind of seem, you know, mad all the time, angry, and not happy. It’s not that being fat or obese makes people sad or angry, but our children are just less active, and maybe it then makes them depressed. Our kids need to get in shape, be more active, so they’ll be happier.

Dad: Okay. Yeah, yeah, Tony was overweight when he was little. It’s because of your family. They are all big. That’s why our kids are big. It’s from your genes. We can change what we eat in the family but you have to cook differently for me. I can’t go without my white rice nor my nqaij kis.

Tony: It’s my life! I don’t think there is anything wrong about my weight! I don’t want to change just because of some stupid medical test. It’s not even important. Dad doesn’t even care.

Lisa: I want all of us to be happy and healthy. I don’t want you all to just stay home, gain weight, be tired, and can’t even play active sports and stuff like that. Remember when we had the picnic gathering last summer? You sat all alone because you said playing sports was too exhausting.

Tony: I just don’t like sports! Plus, I’m fat because of the both of you. Mom don’t even tell me to lose weight when you and Dad are both fat.
Dishes and dinnerware being set on the table

Plate being picked up and set back down

Chairs being pulled and pushed back in [people seating down at the dinner table]

Sound of plate being moved

Sound of food being put onto plates

Fist pounds once on the

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<tr>
<td><strong>Narrator:</strong> Lisa was so hurt by the conversation she had with her son and husband, but she was still determined to help Tony lower his cholesterol. That night, she prepared a dinner consisting of brown rice, stir fried vegetables with lots of broccoli, celery, and carrots and baked chicken breast. Instead of soda, she also poured everyone water. As Lisa sets the food...</td>
<td><strong>Narrator:</strong> Txawm haistias cov lus Lisa tham nrog nws tus tub thiab tus txiv ua rau nws mob siab npaum li cas los nws yeej peem li mus nrhiav kev pab kom txo tau Tony cov ntshav muaj roj. Hmo ntawd, pluag hmo noj yog muaj mov daj, thiab zaub kib nrog hauv nrob qaib. Hloov ntawm cov dej qabzib nws hliv dej dawb rau sawvdaws hau.Thaum uas Lisa rau tau mov lawm...</td>
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<tr>
<td>Lisa: Come, come eat! Koj txiv lov noj mov!</td>
<td>Lisa: Los, los noj mov. Koj txiv los noj mov!</td>
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<td><strong>Tony:</strong> Is this brown rice? Brown rice doesn’t taste good! The food is so little too!</td>
<td><strong>Tony:</strong> No puas yog mov daj nab? Mov daj tsis qab na! Uas cas zaub mov tsawg ua luaj li!</td>
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<td><strong>Lisa:</strong> I am changing the way we eat, how much, and how often. And since the nurse recommended that we switch to brown rice, I’m starting with the rice. It’s better for everyone. I don’t want my kids to have health problems because they eat too much food.</td>
<td><strong>Lisa:</strong> Kuv hloov peb txoj kev noj mov thiab hloov txoj kev peb noj ntawd li cas thiab noj pestsawg pluas. Vim tus nurse hais li ntawd, kuv hloov peb cov mov dawb mus ua mov daj lawm.. Kuv tsis xav kom kuv cov menyuam ntsib kev muaj mob los ntawm txoj kev noj ntau dhau lawm.</td>
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<td><strong>Tony’s sister:</strong> Why mom?!! This isn’t fair!</td>
<td><strong>Tony’s sister:</strong> Why can’t we eat the way...</td>
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<tr>
<td><strong>Lisa:</strong> Well...with Tony’s high cholesterol, the oil that we used was really high in fats. So I decided to change the cooking oil to olive oil and the food we eat at home. We have to do this together as a family. You and your brother are the same too. So, if I don’t buy any junk food or any pop or anything like that at home, then you guys won’t be able to eat or drink any of that stuff. If I buy healthy food, then we all eat healthy food.</td>
<td><strong>Tony’s sister:</strong> Ua cas no, niam?!! No tsis fair nab!</td>
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<tr>
<td><strong>Tony’s sister:</strong> Why can’t we eat the way</td>
<td><strong>Lisa:</strong> Es, Tony mob ntshav muaj roj vim hais tias peb cov roj kib zaub muaj rog ntaw dawb.. Li ntawd, kuv thiaj li txiv txim siab hloov cov roj kib zaub mus rau hom roj txiv cev (olive oil) thiab hloov txoj kev noj haus hauv peb lub tsev. Peb tsev neeg suav daws yuav tsom koom tes ua li no. Thaum kuv mus yuav tej khoom noj uas haumxeeb los, ces peb sawv daws yuav tsus tau noj li ntawd xwb.</td>
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| **Tony’s sister:** What?! | **Tony’s sister:** What?!
Scene 6:
Narrator: Despite Lisa attempts to help Tony get healthier, the colder weather is coming and Tony has become far more sedentary and withdrawn. Lisa also notices that Tony doesn’t seem to have other friends to hang out with. She is concerned about him becoming more and more unhappy. Tony continues to play video games and the times in which he doesn’t play video games, he watches

Tony: Why do we have to eat this if Dad gets his own food?!

Lisa: Don’t you get it?! It’s hard for our kids to be healthy if we, as parents, don’t get involved with their health and diet. If I don’t do that to you guys then Tony will keep having high cholesterol and health problems.

Tony: Fine! If it’s all about me having to lose weight because I’m fat, I’m just not going to eat!

Lisa: You’re going to eat what I cook, and I’m going to keep cooking brown rice. If you don’t like it, then that’s too bad. You want to eat something else, then you can cook it.

Scene 6:
Narrator: Txawm tias Lisa sim pab Tony kom nws muaj kev nyaxeeb dua tuaj los, lub caij ntuj no los txog zuj-zus lawm, Tony tsuaj yog nyob tsis txav mus ua dabtsi li thiab tsuas yog nyob hauv tsev lawm xwb. Lisa, pom tau hais tias zoo li Tony tsis muaj tej phooj ywg uas nws yuav mus ua si tau nrog. Lisa txhawj heev txog qhov no. Tony tsuas yog rau rau siab tua game thiab lub sjih hawm uas nws tsis tuas game lawm ces.
The sound of t.v. on.

The sound of t.v. on. cable television. Lisa comes in and yells at Tony to exercise.

Lisa: Tony! You’ve been sitting on the couch this whole day! Get up! Go exercise! Do something to make you sweat! Why are you so lazy!

Tony: You’re blocking the t.v.

Lisa: I don’t need to tell you over and over again to get up and do something other than sitting on the couch.

Tony: Move mom! I’m missing the best part! Move!

The t.v. turned on, flipping through channels, the t.v. turns off. Foot steps into the kitchen. The sounds of dishes being washed in the sink

Scene 7:
Narrator: The next day after school, Tony comes home to his usual routine and turns on the t.v. He finds that the channels only go up to 11 and wasn’t able to watch his show. He goes to find his mother in the kitchen.

Tony: You took out cable?

Lisa: [Laughter] I know. Yeah, I took out cable so you won’t watch t.v. that much anymore.

Tony: Why?!

Lisa: Yes, no cable. I have to get involve with you and your sibling’s lives. I and Dad, although he’s stubborn like you, we just want to help our family. We have to make a lot of changes, not just one thing. And everyone has to too. When I change the rice to brown rice, nobody wanted to eat it. But you all ended up eating it. We will do this with t.v. too, I’ve noticed that
Foot steps walking away

it makes you more lazy.

**Tony**: I’m just going to go lay in bed!

**Tony**: Kuv yua v mus pw hauv txaj lawm xwb os!

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**Scene 8:**

**Narrator**: The school bell has rung, it’s 3:15 and children are packing onto the buses to go home. Tony walks down the hallways of his school and watches students go to their activities after school. He gets on the number 3 bus home. He was still angry about his mother canceling cable and so when he got home, he took out his game system to play. But he’d already beaten all his games and passed all the levels and killed all the bosses. Ten minutes into the game, he realized that playing video games every day after school was getting boring. His neck was tired from staring at the t.v. As he rubs his neck, he thinks to himself....

**Tony**: [sighs] “There’s nothing to do. All the games I have, I’ve already played. And now that mom cut off cable, what am I to do? I need to stop. It’s just the same thing over and over again.

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**Scene 9:**

**Narrator**: It is now summer and Tony has decided to go camping. All the cousins his age were playing volleyball and encourages him to play. He realizes then that he actually likes volleyball.

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**Scene 9:**

**Narrator**: Tamsi no yog lub caj ntuj sov lawm. Tony tau tsiav txim siab mus ua si thiab pw peb hav zoov. Tag nrog nws cov npawg uas muaj hnub nyooig ib yam li nws, lawv mus ua si ntaub pob thiab lawv tseem pab tsiav hluaw kom nws nrog lawv ua si thiab. Tony mam li pom tau hais tias nws tus nkeeg kuj nyiam ntaiu pob thiab.
Tony's sister: You were great out there! See that wasn’t so bad!

Tony: Yea. But now I’m sweaty and dirty. [laughs]

Tony's cousin: If you really like it like I like volleyball, just go for it. Sometimes I just play lazy but then once I warm up, then I start to be more active. Sometimes I jump around for fun too. [Laughter]

Tony: Yeah, it was fun. It’s even better when a whole bunch of family members and friends play volleyball, too.

Narrator: Since that day, Tony has been playing volleyball with his cousins every single day of summer until the school year started up again. Lisa was much happier about this because she didn’t have to worry about who her son was hanging out with. It was a good influence on Tony too, he was more active and responsible around the house. Whenever Lisa asked him to take out the garbage or help sweep the floor, Tony didn’t talk back as much and helped out when he could.

Sound of door closing and engine running
Kids laughing and chatting in the background

Scene 10:
Narrator: It’s the new school year. This year Tony is a junior. Walking out of the house with his old school clothes, Lisa noticed that her son would need to go shopping soon because his clothes hung off his frame.

Friend1: Wow dude, did you lose weight? How did you do it?

Scene 10:
Narrator: Lub xyoo kawm ntawv rov qab peb dhua, xyoo no, Tony kawm qib 11. Thaum Tony hnav nws cev khaub ncaws tawm mus kawm ntawv, Lisa kuj pon tau lawm hais tias nws tus tub yuav tsus tau mus yuav khaub ncaws tshiab hnav vim hais tias nws cov khaub ncaws qub tsis haum nws lawm.

Friend1: WOW, thaub, puas yog koj yuag lawm nas? Koj ua li case s koj yuag lawm
Tony: I usually watch what I eat. I drink a lot of water, like, three to four or five water bottles a day. Um, and the amount you’re eating, like calories, what kinds of food you eat, and how many plates. The healthier foods like vegetables, fruits and less fried foods. And, you have to do daily exercise. You also have to do something you like, like volleyball.

Friend one: That really works? Exercise and healthy food?

Tony: Dude, look at me. I’m living proof that it works.

Narrator: It was that day that Tony also joined the afterschool volleyball team. Tony’s teammates were so impressed with his skills and of course, so too was a particular girl on the team who caught Tony’s eyes.

Scene 11: Narrator: The next day at lunch, Tony sat with his friend for lunch.

Friend 1: So when did you start to change how you eat? Tell me how to lose weight.

Tony: I just started, I thought about it myself. I just cut down a lot of sweets and took out junk food. It was my mom and the school program my mom put me into. Now I just eat when I’m hungry and not just because I’m bored. I watch out on how much I’m eating too. And then, if I was yog mas? Uas exercise thiab kev noj zaub mov xwb?

Tony: Yog mas! Eh, kuv poob tau pound os!

Narrator: Hnub ntawv txawm yog hnbTony tau mus khoom ua si ntaus pob nyob rau hauv nws pab tub ntaus pob tom qab lub caij tsev kawm ntawv lawb. Tony pab tub ntaus pob tau quhas nws txoj kev ntaus pob txog nwg qhov tau tshajlij heev, thiab tis tis xwb, tus hluas nkauj uas nws nyiam tseem pab quhas nws heev thiab.

Scene 11: Narrator: Hnub tom qab thau laub thiab kev noj sus, Tony zaum noj mov nrog nws cov phooj ywg ua ke.

Friend 1: Es yog vim li cas koj thiaj li hloov koj txoj kev noj mov lawm nas? Qhia kuv kom kuv hos yuag taut thiab sob?

Tony: Kuv nuym qhuav pib xwb, kuv niam qhuav xav tawm rau kuv tus kheej thiab. Kuv txiav tawm cov khoom qab qab zib thiab txiav tis tis noj qhaub noom lawm. Nws yog kuv niam thiab tsev kawm ntawv qhoq kev pab cuam uas kuv niam muab kuv rau npe mus koom. Tamsim no
swallowing of milk, and set back down.

workout for an hour, I do some cardio.

Friend 1: But you’re so weird. How can you eat salad without salad dressing? Dude, why are you drinking skim milk?

Tony: I don’t like ranch. I just eat it plain, I don’t know why. It tastes fresh. I always drink skim milk because it tastes more like water. And now, I eat less sweets. Candy is too sweet for me. [Laughter] And I drink more water. Less hot cheetos or chips or junk food.

Friend 1: Tabsi ua cas koj txawv ua luaj! Ua cas noj zaub qhuav es tsis rau cov khoom tov zaub li? Yawg, Thaub, ua cas koj hos haum cov kuag mi yuag thiab xwb?


Scene 12: Weights being lifted.

Narrator: Shortly after Tony’s weight loss, Lisa had enrolled herself in a gym. As a member, Lisa is able to bring a guest with her every time. She use to take Tony to the gym with her, but this time, Tony’s younger sister wanted to go instead. Tony decided to let his sister go. Not having a place to do other workouts, Tony got his friends from the volleyball team to lift weights at the school gym with him. At the gym, Tony tells his friends what exercises to do, how many reps, sit ups, and pushups.

Tony: You know, I use to be so tired and lazy and bored. Now I’m not like that anymore. Working out makes me feel better!

Scene 12: Narrator Tsis ntev tom qab Tony yuag lawm, Lisa tau mus khoom ib lub chaws ua ev xes xais (exercise). Yav tas los Lisa ib txwm coj Tony mus tiamsis niam no nws tus muam hos yuav ua tus mus lawm. Tony Txiav txim siab cia nws tus muam mus. Vim hais tias tsis muaj chaws yuav mus ua lwm yam ev ces xais (exercise), nws thiaj li tau yaum nws pab phooj ywg ntaus pob ua mus nqa kaab tom lawm lub tsev kawm ntawv qhov chaws uasi. Tony tau qhia nws cov phooj ywg tias yuav ua hom ev xaws xais twg, ua peb tsawg zaum thiab yuav ua ntau npaum li cas.

Tony: Nej puas paub, thaum ub kuv tsaug lees heev, thiab tsev heev thiab tsis kubsiaj ub dabtsi li. Tamsim no kuv tsis ua li ntawd lawm. Ua ev xaws xais ua rau kuv ib ce zoo mloog heev!
### Scene 13:
**Narrator:** It is the end of the school program that Tony’s was enrolled in. Tony and Lisa meet up with the nurse to go over Tony’s final blood tests and last physical.

**Nurse:** Congratulations! Tony, you have lowered your cholesterol and you’ve lost at total of 20 pounds!

**Lisa:** What do you think of that Tony?

**Tony:** I guess that’s pretty awesome. [laughs]

**Nurse:** I remember you didn’t even think you could do it. How does it make the both of you feel? Having accomplished a big challenge?

**Lisa:** Well, I didn’t think that he’s going to lose weight either but he’s been playing volleyball every day after school in the summer. I noticed that he lost a lot of weight. I think it’s good that he keeps it up like that, you know and he’s happier.

**Tony:** I’m not as tired anymore. I’m not so lazy. [laughs] And I didn’t think I’d like eating salads, but it’s not so bad.

### Scene 14:
**Narrator:** At home, Lisa and Tony return home to share the good news.

**Dad:** It’s probably because I make you guys do dishes—

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### Scene 13:
**Narrator:** Txog caij lub tsev kawm ntawv cov kev pabcuam uas Tony tau mus raug mus kawm los xaus lawm. Tony thiab Lisa mus nrog tus nurse tham txog Tony cov ntshav uas kuaj ua zaum kawg thiab kev kuaj ib ce.

**Nurse** Nrog koj zoo siab! Tony, koj txos tau cov roj nyob hauv koj cov ntshav qis lawm ntau thiab koj tau poob tag nrog yog 20 pounds!

**Lisa:** Koj xa li cas xwb, Tony?

**Tony:** [laughs] Kuv xav tias kuv ua tau zoo heev.

**Nurse:** Kuv nco qab koj twb xav tias ntshe koj yuav ua tsis tau li no. Qhov no neb ob leeg xav li cas xwb? Tau ua tiav ib qhov kev tsis yooj yim li no nas?

**Lisa:** Kuv los kuj xav hais tias ntshe nws yuav tsis yuag tau li no thiab, tiamsis nws tau mus ntau ntham txhua txhua hnuv pem tsev kawm ntawv. Kuv pom tau hais tias nws kuj yuag lawm hov ntau lawm thiab. Kuv xav tias yuav yog ib qhov zoo es uas nws rau rau siab lua li ntawd thiab nws kuj zoo li nws muaj kev zoo siab ntau tuaj lawm thiab.

**Tony:** Kuv tsis nkeeg heev lawm thiab tsis muaj qhov tub nkeeg lawm. {laugh} Thiab kuv xav tias kuv yuav tsis nylam nov zaub qhuav, tiamsis nws kuj tsis phem phem luas twg thiab.
**Tony’s sister:** No it’s all because of mom changing all the food!

**Lisa:** haha sure. [hahaha...yog kawg.]

**Tony:** No, we did it all together! We did it as a family and it was because Mom and Dad were part of it.

**Tony’s sister:** Tsis yog. Nws yog vim niam muaj peb cov khoom noj hloov tag lawm.

**Lisa:** hahaha...yog kawg.

**Tony:** Tsis yog, peb sawv daws tag nrog ua tau ua kev nas! Peb tsev neeg ua tau ua ke vim niam thiab txiv nkawd muaj feem nyob rau hauv.

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**Scene 14:**

**Narrator:** It is the Hmong New Year at the Metrodome and those flight of stairs, which normally would have left Tony gasping for air, were no longer the same daunting stairs they used to be when he was 20 pounds heavier. Tony turns to his friend who is at his side and says,

**Tony:** “Race you!”

**Friend 1:** Seriously?

**Narrator:** His friend follows behind. At the top of the stairs, as Tony watches his friend struggle to make the climb and pauses for air, Tony is proud of himself and how far he’s come. Simple things like climbing stairs were newfound successes from his weight loss. But it wasn’t that his weight loss made him most happy, but it was that he did something he enjoyed and surrounded himself with people who liked to be active, no matter what activity.

**Tony:** Kuv xeem koj!

**Friend 1:** Koj dag lov?

**Narrator:** Nws tus phooj ywg laww nws qab. Thaum mus txog saum theeg ntaiv, nws tig ntsia nws tusphooj ywg uas nce tsis taut li, thiab tseem taj saov ib pliaq huas pa. Tony zoo heev siab rau nws tus kheej thiab qhov ua nws ua tau lawm. Tej yam me me li nce theem ntaiv los kuj yog ib qhov kev muajyej vim yog los ntawm qhov nws taug yuag taus. Tiamsis tsis yog hais tias qhov nws yuag taus es ua rau nws zoo siab tabsi yog vim hais tias nws ua tau tej yam uas nws nyiam ua thiab tau koom nrog cov neeg uas nyiam ua ub ua no uake tsi hais yog yam twg kig li.

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**Music fades out...**

**Ending**

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