

Hard Work Pays Off:

VETERAN BRADLEY HARRIS DISCUSSES HOW MOVE![®] HELPED HIM MAKE REALISTIC CHANGES FOR BETTER HEALTH

What motivated you to join MOVE![®]?

“I decided that I wanted to live longer, and knew that if I continued to weigh what I weighed, I wouldn’t. I’ve been obese all my life, and realized that I had to do something. I also knew VA had a good weight management program.”

When did you start MOVE![®] at the Fort Smith Arkansas CBOC?

“I started the program 2 years ago, when I was seriously obese. I participated for the first year, lost some weight, regained the weight, lost it, and regained it. But I kept at it.”

What lifestyle changes have you made?

“I’ve overeaten my whole life, and had easy access to food because I’d been working in the food service industry. So I’ve improved my portion control and developed a schedule for myself—I now eat three meals a day. Changing my habits was hard, and this past year has been a lot of work and struggle. But I also knew it was going to work!”



How has MOVE![®] helped you to lose weight?

“It’s helped me change my lifestyle, but in a realistic way. It’s also helped teach me what I need to do to be successful over the long term. The combination of MOVE![®] and increased physical activity has been the key to my success.”

How much weight have you lost?

“My starting weight was 252, and I’ve lost about 50 pounds! I’m now near my normal weight range, and I plan on making this a ‘lifetime weight loss!’”



Who was most helpful to you in losing weight?

“My MOVE![®] Coordinator Tammy really wanted me to be successful. I see her every month, and she has been so great!”

How has losing weight changed your life?

“I realize how different I feel with 50 less pounds—I feel great! This past November, I had triple bypass surgery. But my recovery was quick because I was healthier and lighter. I was on track for a major heart attack, but now, at 60 years old, I have more energy and a better heart.”

How is your life different now?

“I love to exercise—I actually look forward to it! I go to yoga, bike 2 miles, then do water aerobics three days a week. That adds up to 110 minutes of exercise Monday, Wednesday, and Friday. My wife comes too, and she’s lost some weight with me!”

What do you tell other Veterans about MOVE![®]?

“I say that if you’ve struggled with weight, the greatest thing about MOVE![®] is that it’s a safe, sensible way to manage your weight. The program helps you learn how to make the right changes...and it pays off!”