

Half As Much:

VETERAN DALLAS HEMBREE DISCUSSES HOW HE RECEIVED
THE 'GIFT' OF HEALTHY WEIGHT THROUGH MOVE![®]

Describe your history when it comes to weight.

“Like so many people, I enjoy eating and am not always as active as I should be. After I got married, my weight kept creeping up, and when I quit smoking, I gained more than 60 pounds! After I retired, I found myself taking afternoon naps and spending too much time on the computer. By age 65, I weighed 268 pounds and was on blood pressure, cholesterol, and diabetes medicines!”

When did you start doing the MOVE![®] Program?

“I'd been going to the Springfield (OH) CBOC for several years and was pleased with their care. One of my nurses recommended I try MOVE![®]—I did, but wasn't successful. Two years later, I decided to try it again, in the fall of 2013. I did TeleMOVE!, focusing on nutrition and exercise. I had my gallbladder removed in March 2014, and during my recovery my appetite slowed down. So I took advantage of what I'd learned in MOVE![®] about portion control and started cutting my meal sizes in half.”

How did the program work for you?

“As I ate less, the weight started coming off! Regular calls from MOVE![®] staff kept me on track. I also used the exercise bands from the Be Active and MOVE![®] Program to work on my strength and mobility. I've even learned to put half my food in a to-go box before eating at a restaurant—something I never would've done before!”

How has your health improved?

“MOVE![®] helped me get off both my blood pressure and cholesterol medications! Because my A1c is much lower now, I've also been able to decrease my diabetes medications.”



How much weight have you lost through MOVE!®?

“I was down to 238 pounds by May 2014, and I’d dropped to 224 by July. My birthday was at the end of August 2014, and I’m proud to say I weighed in at 205—what a great gift to give myself!”

What do you tell other Veterans about MOVE!®?

“I like telling people that my trick to weight loss is eating half as much...and having the supportive Springfield VA team on my side!”

