

Not Done Yet:

VETERAN DAVID FLORY DISCUSSES HOW MOVE![®] HELPED HIM GET HIS WEIGHT UNDER CONTROL

How long have you struggled with your weight?

“I’ve struggled since 1978. In 1980, I got out of the Navy and really started to put on weight. I just kept buying bigger pants.”

What motivated you to make changes to lose weight?

“Several years ago, I moved from Pennsylvania to Florida and was able to be more active.”

Why did you join the MOVE! Program?

“I wanted to make a lifestyle change, learn to eat better and ‘smarter’ foods, and get my weight under control. So I joined the Viera (Florida) VA OPC MOVE! Program.”

What lifestyle changes did you make?

“I started eating more fruit and veggies, and walking. I’m also biking now.”

What was the biggest obstacle to reaching your weight goal?

“I really like to eat and cook! So I had to adjust *what* I was eating and *how* I was cooking. But I enjoy food more now because I really taste it—not just the salt and seasoning on it.”

How did MOVE! help you?

“The weekly meetings helped me stay on track, as did the people in the program and the information I got in the booklets and class. Getting active and watching what I ate really helped, too, as did feeling better about myself and my health. My family was also supportive—we all exercise and watch what we eat together now.”

How has losing weight changed your life?

“I am more active. I feel like I am not done yet.”



How will you keep the weight off?

“I plan to continue to be active and not go back to eating the ‘wrong’ foods. I’ve learned that I can still eat what I want, but just can’t overdo it.”

Would you recommend MOVE! to others?

“Yes, I would! It has helped me more than I thought ever possible, but you have to want it.”

