

## It Works!:

### VETERAN WILLIAM WADE DISCUSSES HOW MOVE!<sup>®</sup> HELPED HIM LOSE ALMOST 100 POUNDS

#### ***What was your ‘weight turning point’?***

“I struggled with weight most of my life, and tried just about everything. But when I saw I weighed 289 pounds at my physical, I knew I had to make a change. My VA nurse told me about the MOVE Program at the Beaufort, South Carolina, OPC and convinced me to give it a try.”

#### ***How long have you been participating in MOVE!?***

“I started in June 2012 with the Group Sessions and participated until March 2013. I returned in September 2014 and now continue to go for reinforcement.”

#### ***How is MOVE! different from other programs?***

“MOVE! staff were great and very positive. I also really enjoyed the classes. The program is a life style change. I learned about the importance of reading labels, watching serving sizes, and eating the correct amount.”

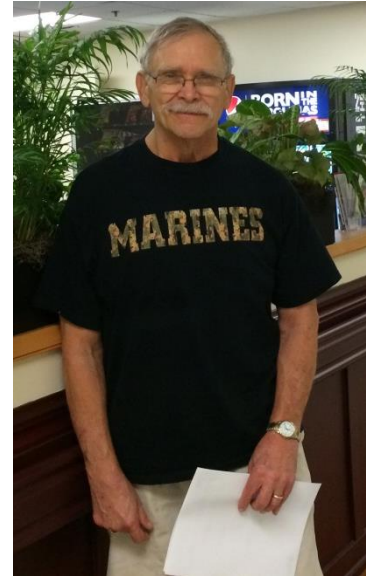
#### ***What about the program worked for you?***

“I quit overfilling my plate and most importantly, I started keeping a record of everything I ate. I lost weight initially, finished the program, and thought I’d mastered my problem. I was wrong! I started gaining weight back—because I stopped tracking my eating. So I got back into MOVE! and started going whenever I could, and that changed my attitude about food. My family and VA staff were also really supportive.”

#### ***How much weight have you lost?***

“I’ve lost 96 pounds and will soon break 100. I’ve lost 11 inches in my waist, too. I truly believe that I have, at last, gotten my weight in check! But I’m still losing weight.”

#### ***How’s your life different now, and how has it improved?***



“MOVE! changed my life! I now enjoy sports, exercising, healthy eating, and life in general. I’m able to walk, exercise, and breathe easier. My blood pressure is down and my lab results are great!”

***What would you like other Veterans to know about MOVE!?***

“It works!”