

## MOVE!® SUCCESS STORY

### A New Mind-Set:

#### MOVE!® AND BARIATRIC SURGERY HELP VETERAN LOSE ALMOST 100 POUNDS



Veteran Rae McAvoy believes that weight loss is a mind-set. “When you finally set your mind to it, you will be able to lose weight and keep it off,” he says. Rae had yo-yo dieted for many years, but decided that “enough was enough” in 2010. He went to the Allentown (PA) VA Outpatient Clinic and began to work with MOVE!® Program staff.

His MOVE!® dietitian, Val, helped him learn how to control what he ate, cook healthier meals, and do the “little things” that make the difference in weight loss. “I really changed the way that I thought about food,” Rae says. Through

MOVE!® group care, he initially lost 10 pounds, and then was ready for the next phase of his transformation: bariatric surgery.

*“MOVE!® works if you set realistic, incremental goals.”*

#### Surgery and more success

In preparation for his surgery at a local VAMC, he did the OPTIFAST® Program for 45 days and had several medical tests. In December 2010, he underwent the surgery, which greatly reduced the size of his stomach. Now, 1 year post-surgery, he weighs 293 pounds. “I’ve lost 96 pounds and have reduced the medications I’m taking, too,” Rae says. “I want to lose even more weight and with MOVE!®, I know I can do it.”

Despite a minor setback associated with a death in the family, he is continuing his progress. “I feel so much better now,” Rae reports, “and I’ve set an incremental goal of losing another 20 pounds by summer 2012.” He was able to go hunting recently and easily climbed a hill—something he would have had trouble doing at his old weight.

Rae has some simple advice for other Veterans who need to lose weight: “If you have not started MOVE!®, do it...because it works!”