



# Success Stories

*Healthy Living Matters. Prevention Works.*

## So Many Positive Changes

### **VETERAN ROBERT HART DESCRIBES HOW MOVE! PROVIDED HIM THE STRUCTURE NEEDED TO LOSE OVER 137 POUNDS AND LEAVE DIABETES BEHIND**

When Robert Hart stopped smoking, the weight he'd accumulated in a 9-year weight battle became an issue. Tired of wearing exercise clothes in ever-increasing sizes, he started MOVE! on the advice of his VA doctor. Now exercising, logging meals, and recording his weight daily, Robert has found that to meet and exceed his weight loss goals, 'the third time's the charm.'

**"...it was difficult to find anything that would fit except sweatshirts and exercise pants. I was continually buying larger clothing. "**

### **Why did you start MOVE!?**

"I struggled with my weight for 9 years. But it really became noticeable when I quit smoking in February 2008, after 50 years of smoking 3 1/2 packs a day. At the time, I weighed 225 pounds and it was difficult to find anything that would fit except sweatshirts and exercise pants. I was continually buying larger clothing."

### **When did you first try the program?**

"I first tried MOVE! in 2012. Later, in 2013, my primary care provider at the Sierra Vista (AZ) Clinic, PA Lurna Cook, recommended it when I reached 338 pounds. I had initial success, and was able to get down to 313 pounds before we moved to Massachusetts. But it was easy to slip back into old habits and gain some of the weight back."

### ***Did MOVE! work for you?***

“Yes. In Massachusetts, I started the program at the Worcester VA Clinic weighing in at 313 pounds. I lost 113 pounds, and gained some back, which put me at 230. But I stuck to it and as of March 2016, I was down to 201 pounds.

I’ve done MOVE! three times, and it’s shown me that to be successful, I need a weight-loss program that requires a lifestyle change—not simply a diet.”

### ***Have you achieved your health and weight goals?***

“Yes. Several months after starting MOVE!, I started also using some fitness tracking apps and programs. Along with MOVE!, these tools help me document and track my success in reaching my daily weight and exercise goals, like walking at least 10,000 steps, 7 days a week. Overall, I’ve reached and exceeded my weight-loss goals.”

### ***How do you keep the weight off now?***

“I do between 12,000 and 25,000 steps each day on my treadmill, and use my stationary bike for 15 to 30 minutes daily. I also try to use an elliptical twice weekly. Each day, I log my meals and weigh myself.”

“It’s not a diet,  
it’s a way of life.”

– Robert Hart

### ***How is your life different after the weight loss?***

“There have been so many positive changes with the improved mobility that it’s hard to name them all. I’m no longer diabetic, I use fewer medications, and my physical problems have been greatly reduced. I can now keep up with my 5-year-old granddaughter!”

### ***Who helped you lose the weight?***

“My family and the MOVE! staff. The MOVE! Support group was also a big factor in my ongoing weight loss, and I look forward to returning to that after I complete these current MOVE! classes.”

### ***What would you tell other Veterans about the MOVE! Program?***

“The MOVE! Program does work. If it doesn’t work for you the first time, give it another chance like I did. It’s not a diet, it’s a way of life.”