

A MOVE!-ing Experience:

VETERAN BILL CREAGER DISCUSSES HOW MOVE![®] HELPED HIM LOSE 50 POUNDS

“My VA doctor reviewed my blood work and told me that everything looked good. He was pleased with my results. But then came the sermon that I’ve heard so many times before: ‘Well, you know you could stand to lose a little weight.’ He noticed me rolling my eyes, but continued. ‘We have this program here called MOVE!,’ he said, ‘and I think you could really benefit from trying it.’

I thought to myself, ‘that’s just what I need...a program.’

As I sat there, he went into a long explanation of MOVE!. My mind was racing and I wondered if the appointment would ever end. Finally he said, ‘Look, why don’t you go to the introductory session and see what it’s all about? If you don’t think it’s something that you can benefit from, you don’t have to continue.’

At that point, I would’ve agreed to just about anything. So to pacify him, and to end the conversation and hopefully keep it from coming up again, I committed to the 2-hour MOVE! introductory class.

With my wife for support (and to keep me from falling asleep), I attended the class. Much to my amazement, I found it to be interesting and informative. Becky and Terri, two really energetic nurses at the Daytona Beach OPC, explained the program. They pointed out that rather than a typical diet program, MOVE! was more of an attitude adjustment. I kept thinking to myself, ‘I can do that!’ Then came the bad part: participants had to attend 16 weekly MOVE! classes—something I didn’t want to do.

But before I realized it, the introductory session was over...and I just didn’t have an opportunity to *not* join.

I had a month and a half until the first class. So I decided to try some of the suggestions they made at the introductory class—weighing myself daily and keeping a chart to track



my results. I did it partly out of curiosity, and yes, partly because I wanted to prove that the program wouldn't work.

I failed to lose weight on every diet I'd tried before; I was convinced this one would be no different. And I'd have a record to prove it—after all, the scale wouldn't lie, right?

Well, my plan to 'beat the system' backfired. By the time the first MOVE! class started, I'd already lost 20 pounds! At that point, I started thinking about what I could accomplish if I attended more classes. I'd outsmarted myself right into the program!



Classes started and yes, I went. Much to my surprise, they were interesting and fun. Becky and Terri's enthusiasm was infectious, and they motivated us to make the effort. The whole class was my support group. When class members reached a special goal or had a recordable weight loss, they got the praise from everyone in the group.

By the 11th week of MOVE!, I'd reached my personal goal of losing 50 pounds! My pants went down four sizes and my shirt, two sizes. Best of all, my blood pressure and cholesterol medications were cut in half. My doctor is now considering whether I have to take them anymore.

I'm proud to share my personal achievements, but I deserve only part of the credit. I worked at controlling my calorie intake, did some reasonable exercise, and kept the weight and food charts. But more credit goes to the program's two wonderful nurses, my great wife, and all of my supportive classmates."