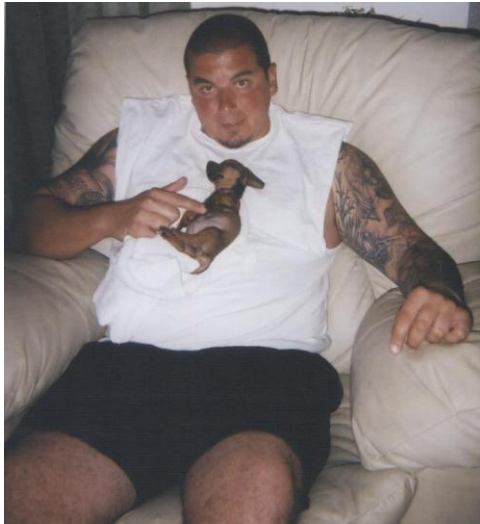


## Willing To Do The Work: VETERAN DEREK LONGO DISCUSSES HOW MOVE!<sup>®</sup> HELPED HIM ACHIEVE HIS WEIGHT GOAL



*Why did you join MOVE!<sup>®</sup> at the Viera (FL) VA Outpatient Clinic?*

“I wanted to achieve my weight goal and learn more about how to maintain it.”

*What motivated you to make changes to lose weight?*

“It was for my health, pride, and self-esteem.”

*What changes did you make to achieve your goal?*

“I reduced my sugar and fat intake, and watched my calories.”

*What was most helpful in losing the weight?*

“My dietitian, Lisa Haggart, really motivated me, and MOVE!<sup>®</sup> provided lots of helpful information.”

*What was your biggest obstacle?*

“Losing the last 20 pounds was the biggest challenge, but I overcame it with persistence.”

*How has losing weight changed your life?*

“I feel much better—lots more energy and stamina.”

*How do you plan to keep the weight off?*

“I’ll stay vigilant about my calorie intake.”

*Would you recommend MOVE!<sup>®</sup> to other Veterans?*

“Yes! But they have to be willing to do the work.”



