

10,000 Steps A Day:

**VETERAN LARRY SUMMERS DISCUSSES HOW MOVE![®]
HELPED HIM LOSE 56 POUNDS AND 9 INCHES FROM HIS WAIST**

How long have you struggled with your weight?

“I had a serious problem with my weight for 10 years, but I never tried a program. I just tried to lose weight on my own...and it didn’t work.”

Why did you join the MOVE![®] Program?

“Dr. Ryan, a surgeon at the Lebanon (PA) VAMC, took time out of her busy schedule one day to visit my hospital room and talk with me. She explained that I needed to stop drinking “now”, and it made a lasting impression that changed my perspective on lifestyle choices and overall wellness. I readily accepted the invitation to do MOVE![®] and make healthy changes in my life. At my next primary care visit, my PCP Tim Brown and nurse Patricia introduced me to the program.”



When did you start MOVE![®]?

“I started my journey in March 2014 at the Lancaster (PA) CBOC, and I graduated from the 8-week MOVE![®] group in May 2014.”

How did the program help you?

“It provided the support and motivation I needed. The small changes seemed manageable. I began to adopt nutrition changes, drink more water, reduce my portions, choose healthier snacks, read food labels, and plan ahead. I challenged fellow Veterans to a step contest using the pedometers we were issued. Within the first week of starting a walking program and making dietary changes, I lost 3 pounds! That gave me the confidence boost I needed to continue.”

How much weight have you lost?

“During the 8-week program, I lost 31 pounds and 6 1/2 inches from my waist. I entered the program as “obese”, but now I wouldn’t even qualify for MOVE!®! And since March, I’ve lost a total of 56 pounds and 9 inches from my waist!”

How’s your life different now?

“I have not felt this good in years! I can do things that I couldn’t do 10 years ago. I have so much energy. I’ve been able to stop and reduce my medications as a direct result of my weight loss! I volunteer my time, offering peer support, advice, and encouragement to active MOVE!® group Veterans. I wear a shirt that I had made that says, ‘10,000 steps a day...Let’s MOVE Vets!’.”

How are you staying healthy these days?

“I continue to walk 10,000 steps a day. I recently participated in my first-ever race, a 5k, and I’ve already signed up for another! I’ve also continued to follow up with my MOVE!® dietitian. I framed my MOVE!® Report Card, which shows my successes, and placed it so I can see it from my kitchen table.”

What should other Veterans know about your experience with MOVE!®?

“Walking 10,000 steps a day sounded so hard, but it became so easy! Reading food labels has become a hobby for me now. The best part is buying new clothes!”

