



# Success Stories

*Healthy Living Matters. Prevention Works.*

## Turning His Life Around

### **NAVY VETERAN LEE CASHIN EXPLAINS HOW MOVE!® HELPED HIM MAKE SYSTEMATIC LIFESTYLE CHANGES AND LOSE 32 POUNDS**

It all started with a MOVE! brochure, which Lee saw on a nurse's desk and read during a checkup at his CBOC. Interested in how a "new way of life" could improve his health and help him drop some weight, he started the 8-week MOVE! Group Sessions and immediately saw the program's value. Now 32 pounds lighter and with energy to spare, Lee has learned firsthand that MOVE! works.



"About a year ago, I went for my annual primary care checkup at the Savannah (GA) VA CBOC. I noticed a brochure about VA's MOVE! Program on the nurse's desk. I read that the program helps Veterans adjust to a new way of life that will, if followed, help them lose weight—a positive result second to improved health.

That got me interested in MOVE!, so I contacted Liz Juneau, the CBOC's Primary Care Outpatient Dietitian, about starting the program. I began the 8-week MOVE! Group Sessions along with nine other overweight Veterans, and I immediately saw the program's value."

I also saw the value of the advice that Liz gave from the start. 'Don't take the course just to lose weight,' she said, 'concentrate on the entire, systematic lifestyle suggestions that it offers.' I took this suggestion to heart, and I had the dedication needed to accept and accomplish what MOVE! offered.

I immediately started implementing the MOVE! principles in my everyday life. I not only learned *how to eat*, I learned *how to live*. It's turned my life around! I'm so committed to the MOVE! way of life that I no longer think about it. It's just part of how I live and enjoy life now.

I haven't stopped eating anything, I just eat intelligently! I try everything and don't deprive myself. I enjoy foods I'd never tasted before—I'm loving more healthy foods, for example.

When I sit down to eat, I enjoy the food—one forkful at a time—and find that I become full after only half a plate. I now find that a little food is enough, because it will be there tomorrow. I'm never 'stuffed' and for the first time in my life, I'm eating like I should—when I'm hungry!

“I not only learned *how to eat*, I learned *how to live*.”

– Lee Cashin

Oh, and by the way, I've lost 32 pounds and have taken 2 inches off my waist. I'm now wearing size-38 pants, which I haven't done since I was 24 years old!

I feel much better and I sleep better. My energy level has improved so much that I'm extremely productive in everyday chores and work. I also don't watch as much TV.

I appreciate MOVE! and especially Liz, who has motivated me in a way that no diet program has in over 65 years.

To future MOVE! participants, I say come with a proper mindset. And I offer this incentive: at first, it won't be easy, but once you accept and implement the lifestyle changes that MOVE! offers, it will.

MOVE! WORKS!”