



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Mind Made Up!*

*ATTENDING MOVE! GROUP SESSIONS WAS THE TURNING POINT FOR VETERAN DON HEAVNER'S WEIGHT LOSS SUCCESS.*

With the help of his Martinsburg, WV MOVE! Group, Don lost 64 pounds, trimmed 6 inches off his waist, and made other healthy lifestyle changes along the way.



## *Time For A Change!*

Don started gaining weight at about 30 years old after he got married and quit smoking. He says he kept getting a little bigger and a little bigger as time went on. He knew this wasn't healthy and didn't realize how big he was until he saw himself in photos. In 2010, after having heart surgery, he had lost some weight but then the weight came back and kept going up.

Dr. Bernard, his Primary Care provider, talked to Don about his weight and suggested MOVE!. He had never tried any other weight loss programs but he knew it was time for a change.

### ***Making It Happen***

Don simply made up his mind to lose weight and started MOVE!. He made changes like eating breakfast again and having 3 meals per day. He set and reached a goal of 10,000 steps per day, and now maintains his weight with 5,000 daily steps. He swims at the gym three times a week during the winter months, and is active outside in the summer. Don is eating more salads, fruits, and a healthy frozen dinner just about every day. He stays aware of what he has eaten and his total steps to decide when to have a dessert or not. He tracks everything on his wrist tracker, weighs every morning, and carefully chooses the lower calorie options when eating out. He has learned that when he eats a high calorie meal one day, it's helpful to eat less the next day.

### ***Positive Reinforcement***

"The MOVE! Dietitian told me that realistically I may gain some weight back, and I was determined to prove her wrong! I have really enjoyed people saying things like 'Don, you've lost weight' and 'You look good.' I want to stay under 180 pounds all the time now."

### ***Measuring It***

He learned the importance of measuring foods and bought a food scale. He plans to put it to work, especially since what he thought was a cup was actually 2 cups when he measured it.

“Try MOVE! If I can lose weight, I think anyone could. It's a mental thing, it's about setting your mind to it and doing it.”

– Don Heavner



Before MOVE!, Don was barely able to walk 50 feet. Now he can walk up to 10,000 steps a day. Those are some healthy habits!