



# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Aligned and connected, it all clicked for weight loss success***

***“MAKING THE DECISION TO ALIGN HOW YOU LIVE WITH WHO YOU ARE INSIDE IS A DIFFICULT ONE TO MAKE.***

The beautiful thing about life though is that you ALWAYS have a choice. So, I made a choice to address who I was and why I was tipping 400 lbs,” states MOVE! Veteran George Cullum.

## ***Making the Mind-Body Connection***

George’s cousin told him, “Brother, sometimes it is easier to be miserable than uncomfortable,” and that motivated George to address his physical and mental health. With the support of his friends, family, and the MOVE! Team at Sam Rayburn VA Medical Facility in Bonham, Texas, George learned to listen to and understand his body and mind.

Over the course of the next year, George steadily lost over 100 lbs while learning to enjoy life.



## ***When It Finally Clicked***

He had been through MOVE! Group sessions and TeleMOVE! before, but it took time for George to determine which approach would work best for him.

“I figured out how to use mindfulness while applying all the knowledge I had gained from my previous stints in MOVE!. I also connected with my other group members and began to rely on them as a source of support.”

After achieving his initial healthy eating goals, he decided to set a physical activity goal. It was important to him to improve his pain management and decrease medication use so he started physical therapy and learned how to gradually progress his activity plan.

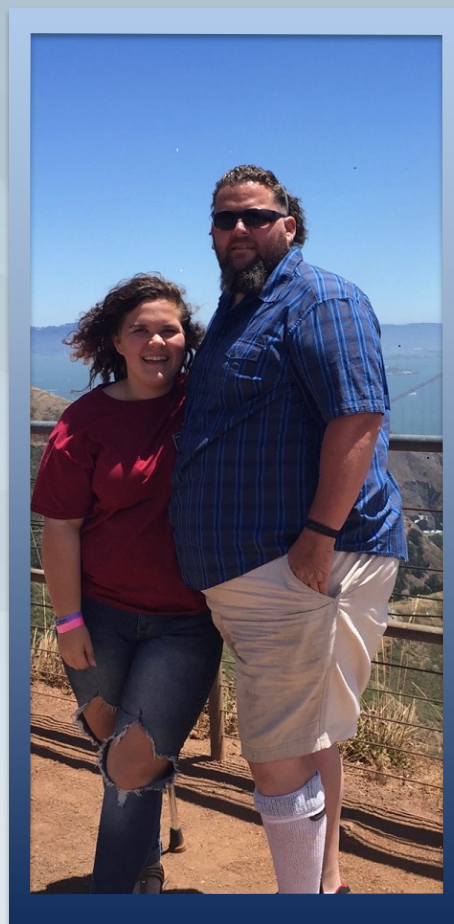
## ***Creating a New Mindset***

The final step was to make a commitment to himself. “A commitment that had nothing to do with weight or calories, or pain, or any outside influence. That commitment was to be happy, to be joyful for every good cup of coffee you get to have with a friend...I found a way to be joyful for it all.

Anytime I allow my mind to drift back into a state of judgement I remind myself of one thing I picked up from another squid who plays some pretty good music, ‘It’s turtles all the way down.’ The only things that matter, are the things you decide matter.”

“I have learned how to be content with myself and find a measure of joy in all I do.”

– George Cullum



## ***What about MOVE! helped?***

“Support from people - I feel valued as more than just another Veteran. They took the time to learn who I was and helped me tailor the program to provide me with the easiest path to success. I cannot thank them enough.”