



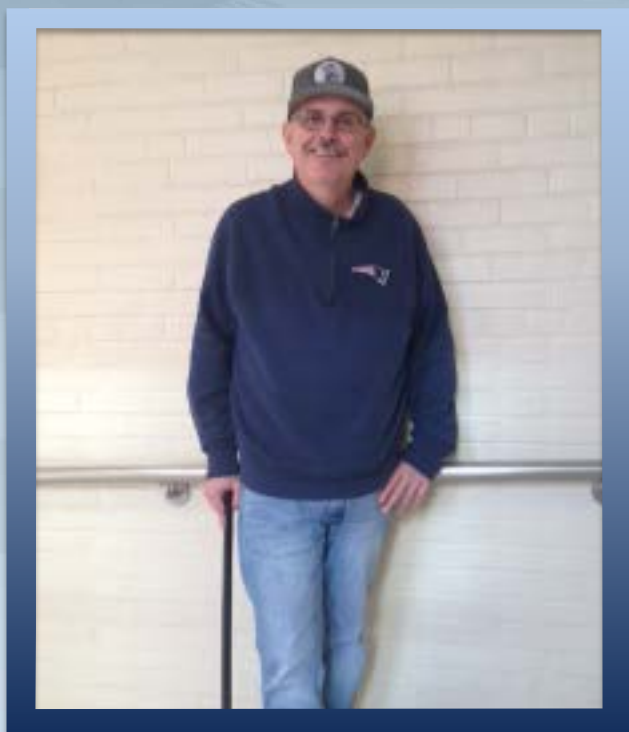
# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***This Time, He Took Care of Himself***

**VETERAN JAMES BANCROFT HAS SPENT MOST OF A LIFETIME PUTTING OTHERS FIRST.**

After his military service, James spent his career as a paramedic, and recently supported homeless Veterans as a volunteer. So while he's usually serving others, James decided to help *himself* by joining MOVE! Over 50 pounds-lost later, he's glad he did!



### ***Getting motivated to MOVE!***

After an active career, life slowed down a little for Veteran James Bancroft. "Since I retired, I had become pretty sedentary, and let myself bulk up to 286 pounds," James said. "I was depressed and overweight. I had struggled with my weight for 10 years.

"One day, when I was at the clinic at the Bedford (MA) VAMC, I saw an advertisement for the MOVE! Program. My grandkids motivated me to attend the program. I decided to see what it was all about."

## ***MOVE! makes a difference from the start.***

Encouraged by his grandchildren, and intrigued in his own right, James decided to attend a MOVE! Program orientation. Clearly, he came away impressed—both with MOVE! itself and with the outstanding staff of the Bedford VA Medical Center.

“It was great!” James said of his first experience with MOVE! “The MOVE! orientation motivated me to start. The staff are absolutely amazing people. [They] are so awesome at what they do. All were very educated, nice, and helped me stay focused on my weight-loss goals.”

## ***New information brings lifestyle changes.***

James took the teachings of his MOVE! team to heart. As he started to see results, he made simple but meaningful changes to his daily routine.

“I found concentrating on portion control and label reading to be very helpful,” James noted. “Also, regular exercise, particularly walking, has been very beneficial. [Now], I walk every day, eat healthy, and use portion control.”

“If you listen to what is taught, and commit mind and body, you will succeed!”

– James Bancroft

## ***James' MOVE! results speak for themselves.***

James started with MOVE! nearly two years ago, and the change has been remarkable. Not only has he retained his initial weight loss, he's still making progress.

“I have lost 56 pounds, 2 pants sizes, and I feel like a new person!” he exclaimed. “I have maintained my weight loss for 6 months, and have only 10 more pounds to lose. My clothes look better on me, and people are always complimenting me on the change. I feel great!”

Not surprisingly, a man used to helping others is grateful to those who have helped him. His message to the Bedford MOVE! team? Two simple words that say a mouthful: “Thank you!”