



Success Stories

Healthy Living Matters. Prevention Works.

A MOVE! Program Lifer

VETERAN JOHN BOZARTH HAS FOUND A NEW AND BETTER WAY OF LIFE THROUGH MOVE!

John made life-altering changes to his eating habits and lifestyle with the help of his Delaware-based VA MOVE! team. Some 50 pounds lighter than when he started with MOVE!, John has maintained his weight loss and stays active in his local MOVE! Program!



Turning over a new leaf.

Air Force Veteran John Bozarth was looking forward to a new life as a retiree. But he wasn't sure he was physically ready for it.

"When preparing for retirement at age 60," John recalls, "my weight had crept up to 200+ pounds. My blood pressure was high. [I was] borderline diabetic with high cholesterol, and out of shape.

"During a routine checkup at the [Wilmington, DE] medical center, VA dietitian Nancy Cronmiller introduced herself and asked if I'd be interested in joining the MOVE! Program for better health and to lose weight. I agreed."

Engaging in MOVE!

John immediately felt that MOVE! was right for him. "I found the program interesting to follow and the peer group setting supportive," John said. "The initial lessons were quite informative on redesigning my eating habits and lifestyle."

As time went by, John became a true MOVE! fan. "I actually looked forward to the meetings," he said.

A gradual process.

John appreciated the methods used by his Wilmington, DE, MOVE! team. "The program was not drastic," he said, "and it led to gradual build-up in exercise and gradual weight loss."

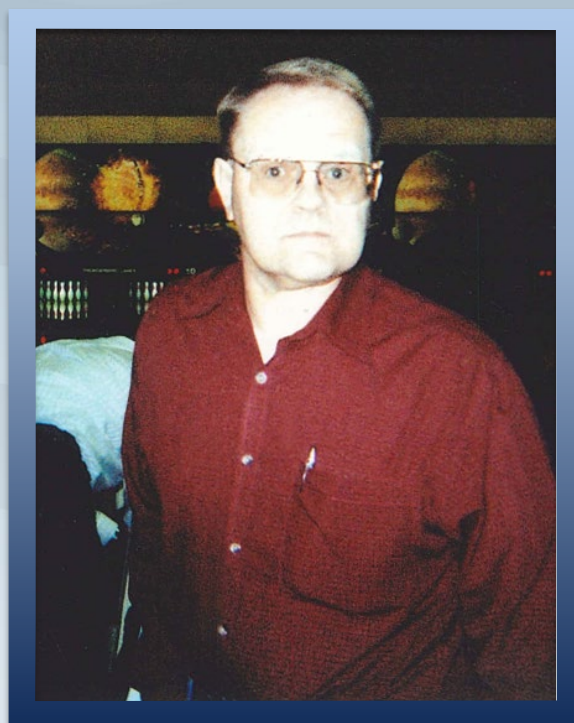
"Nancy Cronmiller closely monitored my progress," John added. "I realized Nancy was trying to save and prolong Veteran lives by setting attainable fitness goals while educating us on healthy eating."

Maintaining his success.

Gradually, John saw the weight come off. After several years as a MOVE! participant, he's had steady success. "I've been maintaining at below 160 pounds now for some time," he reports. "160 is my max for ideal weight... a line in the sand." To help keep the weight off, John logs his food intake daily and walks 3-5 miles per day. He reports that his blood pressure, cholesterol, and blood sugar levels are all now within normal range.

“MOVE! has put years on my life, with an increased *quality of life* as a bonus!”

– John Bozarth



What motivates John to keep fit? "Looking at overweight people all around me is incentive not to get in that shape!"

John firmly believes MOVE! has added "10-plus years" to his life. "And not just time," he notes, "but a higher quality of life than I would have had without it. MOVE!—and Nancy Cronmiller—have been life savers!"