



# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Walking with “Walker” - Journey to a Healthy Lifestyle***

***LONNIE CASH TURNED HIS MOTIVATION FOR CHANGE INTO WEIGHT LOSS SUCCESS WITH THE GUIDANCE AND SUPPORT OF HIS MOUNTAIN HOME, TN, MOVE! TEAM.***

Lonnie says his chocolate lab, Walker, gives him a reason to get up and move. They walk together regularly, finding new trails to explore.

### ***From Convenience to Commitment***

Lonnie’s challenges with weight began after he left active duty and started driving trucks. “I ate more often and nearly always chose convenience foods.” He shared that he tried many diets and even diet pills, but didn’t have any lasting success with them. He became concerned after a while about the medications he was taking and during a visit to his provider they discussed the MOVE! Weight Management Program. “I decided I wanted to live a healthier lifestyle to reduce my medications, have more energy, increase mobility, and even tie my shoes better.”



## ***Motivated to Make Changes***

"I was interested in bariatric surgery and going to the MOVE! program was part of the criteria, but I learned so much from them that I kept going. I started MOVE! in October 2017 as part of my journey for bariatric surgery. I completed all 16 weeks of the program and reached my 10% weight loss goal. I continued coming to classes... including the cooking class and then started attending the weekly support meetings. I am currently enrolled in the MOVE! advanced classes. It is important to stay involved in order to continue towards my goal and then maintenance."

## ***So Many Things are Different Now***

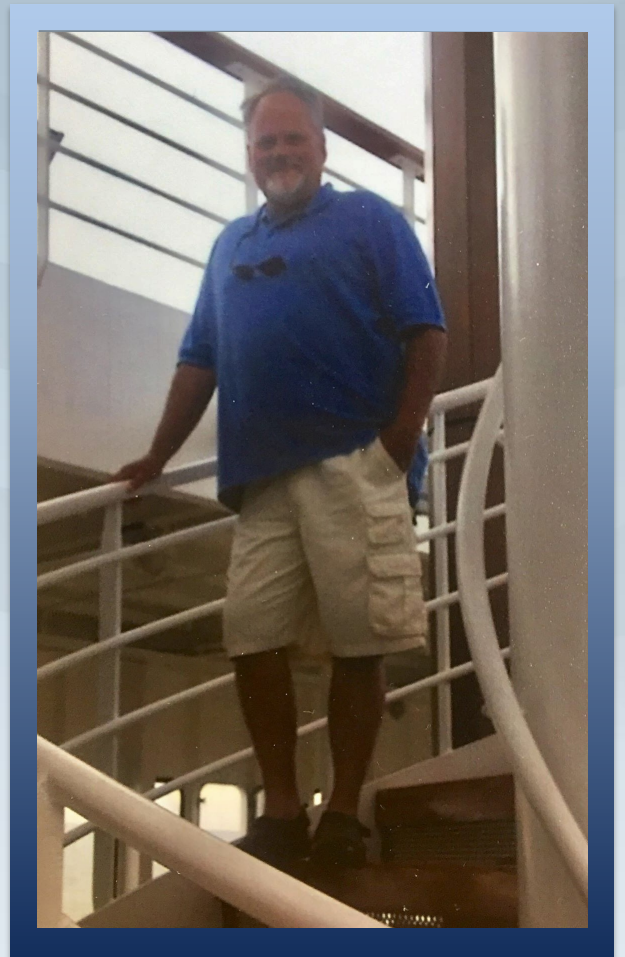
Lonnie credits his dog, Walker, as saving his life in more ways than one. "I am more active, more energetic, breathing easier, more confident and have a better quality of life. I've been able to reduce medications and my hemoglobin A1c has improved. My son has always wanted me to go sky diving with him, so we have planned a sky diving trip once the weather warms up."

## ***A Lifetime Journey***

"I'm still on the weight loss journey; in fact I think the journey will be a lifetime since I'll have to stay focused to maintain my weight loss. I don't really want to say I've reached one big goal, I want to always have the goal to work on maintenance. That's what I think will keep me on track."

**“You can do it, just give it a shot!”**

**– Lonnie Cash**



## ***80 Pounds and Still Losing***

"You can do whatever you set your mind to with the right tools and the Mountain Home VA MOVE! Program has all the tools and a great team to help you reach your goals. You can do it, just give it a shot!"