



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *An Example for Others*

***ARMY PARATROOPER PHILLIP CLAWSON OVERCAME INJURIES RESULTING FROM A CAR CRASH TO LOSE OVER 100 POUNDS WITH THE HELP OF THE MINNEAPOLIS MOVE! TEAM.***

With the support of his family and accountability to the MOVE! team, Phillip was motivated to make to change his diet and increase his physical activity.

## *From Excuses to Action*

Phillip struggled with his weight for many years. Injuries from a car crash made it hard for him to exercise. He says he started using it as an excuse to stop caring and the weight started piling on. By October 2017, he had reached 330 pounds. Phillip tried to lose weight on his own but says he always gave in to temptation. After checking out a weight loss book from his local library, Phillip decided to take his health seriously and began participating in MOVE! Telephone Lifestyle Coaching at the Minneapolis VA in November of 2018.



### *Making Healthy Lifestyle Changes*

Phillip shared that weight loss was not easy. The MOVE! Program “held me accountable and helped me stick with it.” Phillip credits his weight loss success to changes in his diet. He learned to make healthy food choices, craving salad and vegetables now instead of sweets! With the support of his wife, he has learned to watch what he eats while still enjoying the foods he loves. Together they visit the gym several times a week and walk 2 miles every morning.

### *Action Leads to Results*

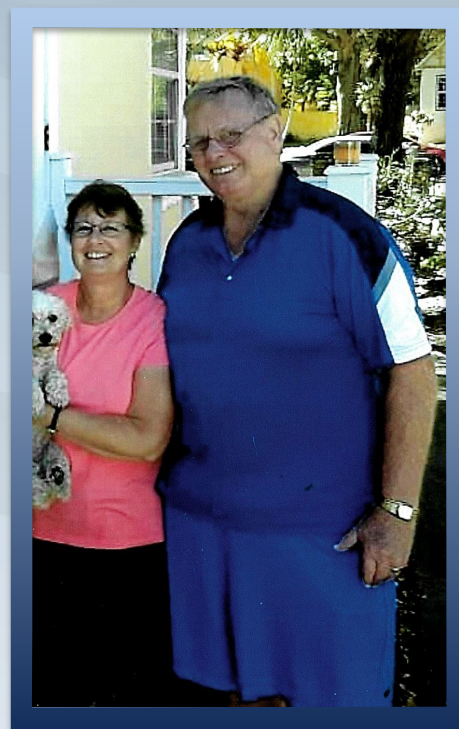
As of May 2019, Phillip had lost 102 pounds! Since losing weight, he has fewer cravings, better mental clarity, and more energy to be with family and friends. And as an added bonus, Phillip proudly reports “I now fit comfortably into an airplane seat!”

### *Setting an Example for Others*

As a former Army paratrooper, Phillip hopes to encourage other Veterans to lose weight through the MOVE! Program. “Veterans are a different breed. They’re tough - mentally tough. Tougher than the average person. Veterans can set the tone for the rest of the country and set an example for everybody else.” Losing over 100 pounds, Phillip is setting an example for his wife, children, and the community!

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– Phillip Clawson



### *What's Next?*

After participating in the MOVE! Telephone Lifestyle Coaching program for six months, Phillip is confident he can lose another 40 pounds and reach his goal weight of 185 pounds.