



# Success Stories

*Healthy Living Matters. Prevention Works.*

## A Strong Family Man

***"I WANT TO BE THERE FOR MY DAUGHTER AND GRANDKIDS FOR AS LONG AS I CAN."***

After learning he would be a grandfather, Mr. Thomas Spencer started his weight loss journey in August 2018 and joined MOVE! Group Sessions at the Overton Brooks VA Medical Center the following month.



## A Competitor at Heart

Mr. Spencer described himself as a "big athlete" when he was young. "I'm really competitive, so it's good that we [MOVE! participants] can all push each other to do our best." The motivation of regular weigh-ins and team accountability helped him make healthier choices week after week.

After losing 78 lbs, he says he has more energy and is breathing better. He has also been able to lower his heart rate, A1c, and cholesterol!

### ***What about the MOVE! Program worked for you?***

“I’ve learned about making better food choices, how to meal prep, and proper portion sizes.”

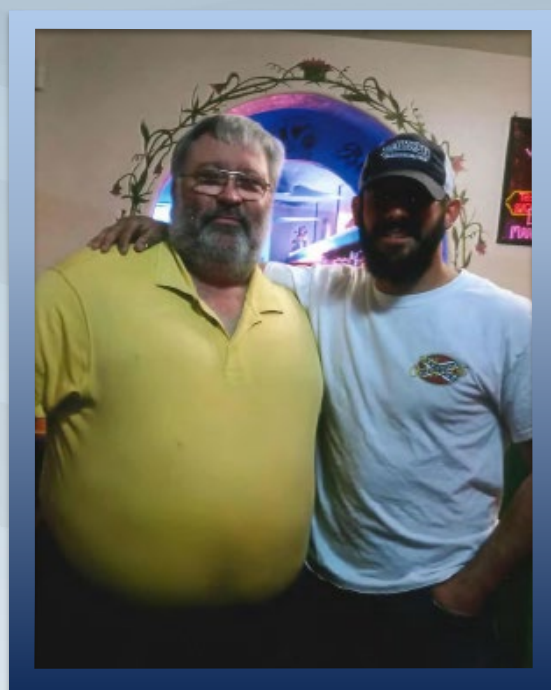
### ***What would you like other Veterans to know about MOVE!?***

“If you take the MOVE! Program seriously it will definitely help you lose weight, but you have to have the right mindset going into it. It will give you the tools and knowledge you need to be a healthier person.

I’d also say that you only get out of it what you put into it. You have to really try to make changes... I also think it’s great that the VA offers something like this, especially for older Veterans.”

“ **My friends and family have helped me reach my goals”**

– Thomas Spencer



### ***Consistency Pays Off***

“I’m still working on losing weight and getting down to a healthy weight, but I’ve been steadily losing for about 5 months now.”