

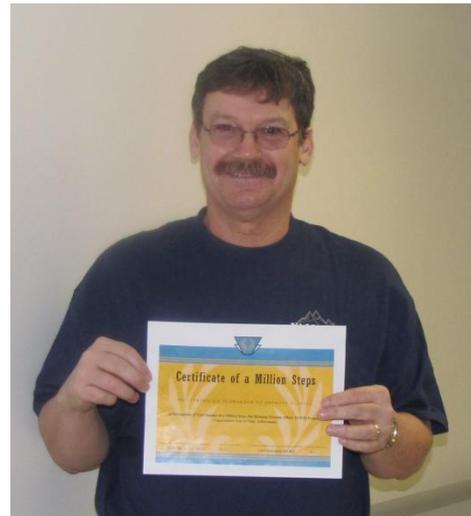
## **Complete 180: MOVE!<sup>®</sup> HELPS VETERAN ANTHONY MCARTER GET STEPPING...AND LOSE 18 POUNDS**

Veteran Anthony McArter knew something had to change the day that he realized he could no longer tie his own shoes. It was time for him to start on a new path to weight loss and better health, so he enrolled in MOVE!<sup>®</sup> and changed his life.

### **A Million Steps**

When Anthony started the MOVE!<sup>®</sup> Program at the VA Montana Healthcare System, he was given a pedometer to count the number of steps he took every day. He immediately set a goal for his first 100 days: 1,000,000 steps.

In just 71 days, Anthony accomplished this amazing feat and maxed out his pedometer! “I did a complete 180 in terms of the changes I made,” Anthony explains. “I’m retired and for a long time I sat around, watched TV, and ate. Now I am aware of my activity level and how much I eat. Activity is important to me—I just need to get it done!”



### **Help Along The Way**

Anthony got the support he needed on his journey to successful weight management from both his wife and the MOVE!<sup>®</sup> Program. She decreased serving sizes at meals and cooked healthier dishes for him. His MOVE!<sup>®</sup> instructors provided encouragement and he benefitted from the teamwork in MOVE!<sup>®</sup> classes. “Sometimes you just need someone to listen to you,” he says, “and help you along the way.”

### **Results**

In a relatively short time, Anthony has gained a lot from simply eating healthier and moving more. “I no longer have the back pain that I’d battled for years, and I use less

medication—especially for pain,” he explains. “I’ve lost 18 pounds over 3 months, gained strength, and I feel better overall.” And of course, he can now tie his shoes!

Some days, Anthony admits that the pain discourages him from exercising. “But then I remember that I always feels better if I just do it,” he says. “Sometimes just going downstairs to my elliptical machine is the hardest part. But once I get on it, it’s easier!”

### **Never Say ‘Can’t’**

Anthony wants other Veterans to know that they need to “start slow and do something active every day—never say you can’t!” He advises them to gradually increase their activity level over time, and decide “where they want to be” in terms of their health goals. Then they have to just go for it. “It’s just a matter of doing it,” he explains. “Anything helps, and anyone can do it!”