

Forever Changed: MOVE![®] HELPS 'FOOD-AHOLIC' ARTHUR HANNON BECOME A BRAND NEW PERSON

Veteran Arthur Hannon says that his journey to better health started with “bad results” on some medical tests. “My liver enzymes were elevated and my ultrasound showed there was fat surrounding my liver,” he recalls. “My doctor immediately enrolled me in the MOVE![®] Program at the Daytona Beach (FL) VA Outpatient Clinic.” But at the time, Arthur wasn’t too sure it would work for him.

Impossible?

Weighing 252 pounds, he started MOVE![®] with pessimism. “I’m a ‘food-aholic’—I love food, always will. So I asked myself, ‘how could I ever lose 60 pounds?,” he says. “I thought it would be impossible.” But Arthur decided to give it his very best and jump in with both feet. He became a “sponge”, soaking up the information that staff gave him during the 12-week program. He listened to everything the nurses had to say about losing weight, eating better, creating a healthy plate, and making low-calorie meals. And he practiced all the methods they recommended.



Complete Makeover

Now 64 pounds lighter, Arthur says that his MOVE![®] experience has forever changed his life and perceptions—he’s had a true lifestyle makeover. “I used to think it was normal for a 67-year-old grandfather to be fat,” he recalls. “But I was so wrong! Before, my weight was putting everything in jeopardy. Now I get to live and see my grandchildren grow up!”

And Arthur has seen dramatic improvements in his health. “My liver and kidneys are normal, and I’m down from 10 medications before MOVE![®] to 1 daily, low-dose medication now,” he explains. “And the list of my previous health issues that are now

‘gone’ is long—no more sleep apnea, hip and lower back pain, gout, and peripheral artery disease, which used to cause swollen ankles and numbness in my legs.”

Arthur gives big kudos to MOVE![®] nurses Terri, Becky, and Pat, explaining that he will be forever in their debt. He’s learned so much in MOVE![®] that will last him the rest of my life, and really seen the results of all his efforts. “MOVE![®] has been a great program for me,” he exclaims. “As you can probably tell, I’m feeling like a brand new person!”