

## Hard Work Pays Off:

### VETERAN BRADLEY HARRIS DISCUSSES HOW MOVE!<sup>®</sup> HELPED HIM MAKE REALISTIC CHANGES FOR BETTER HEALTH

*What motivated you to join MOVE!<sup>®</sup>?*

“I decided that I wanted to live longer, and knew that if I continued to weigh what I weighed, I wouldn’t. I’ve been obese all my life, and realized that I had to do something. I also knew VA had a good weight management program.”

*When did you start MOVE!<sup>®</sup> at the Fort Smith Arkansas CBOC?*

“I started the program 2 years ago, when I was seriously obese. I participated for the first year, lost some weight, regained the weight, lost it, and regained it. But I kept at it.”

*What lifestyle changes have you made?*

“I’ve overeaten my whole life, and had easy access to food because I’d been working in the food service industry. So I’ve improved my portion control and developed a schedule for myself—I now eat three meals a day. Changing my habits was hard, and this past year has been a lot of work and struggle. But I also knew it was going to work!”



*How has MOVE!<sup>®</sup> helped you to lose weight?*

“It’s helped me change my lifestyle, but in a realistic way. It’s also helped teach me what I need to do to be successful over the long term. The combination of MOVE!<sup>®</sup> and increased physical activity has been the key to my success.”

*How much weight have you lost?*

“My starting weight was 252, and I’ve lost about 50 pounds! I’m now near my normal weight range, and I plan on making this a ‘lifetime weight loss!’”



*Who was most helpful to you in losing weight?*

“My MOVE!<sup>®</sup> Coordinator Tammy really wanted me to be successful. I see her every month, and she has been so great!”

*How has losing weight changed your life?*

“I realize how different I feel with 50 less pounds—I feel great! This past November, I had triple bypass surgery. But my recovery was quick because I was healthier and lighter. I was on track for a major heart attack, but now, at 60 years old, I have more energy and a better heart.”

*How is your life different now?*

“I love to exercise—I actually look forward to it! I go to yoga, bike 2 miles, then do water aerobics three days a week. That adds up to 110 minutes of exercise Monday, Wednesday, and Friday. My wife comes too, and she’s lost some weight with me!”

*What do you tell other Veterans about MOVE!<sup>®</sup>?*

“I say that if you’ve struggled with weight, the greatest thing about MOVE!<sup>®</sup> is that it’s a safe, sensible way to manage your weight. The program helps you learn how to make the right changes...and it pays off!”