

## Obese No More:

### MOVE!<sup>®</sup> HELPS VETERAN CLYDE NICHOLSON GET OFF BLOOD PRESSURE MEDICATION AND LOSE 135 POUNDS

When Veteran Clyde Robinson's doctor told him he was "morbidly obese," he didn't understand what that meant. "My doctor explained to me that I could have a heart attack and die at any moment," he recalls. "So I set a goal—I wasn't going to be morbidly obese anymore."

#### Giving It A Shot

He had been in other weight-loss programs over the years, and had even read the book, *Eat to Live*. He hadn't tried the MOVE! Program, but knew a little about it. "My brother participated in MOVE! and lost 178 pounds," Clyde explains. "I also saw ads about it at my VA." So he decided to try it.

At 73 years old and weighing 347 pounds, Clyde did his first MOVE! class in late August 2014. He participated in the MOVE! Group Sessions at the Staunton, Virginia, CBOC, which is part of the Salem, Virginia, VAMC. Clyde quickly realized that MOVE! was going to work for him.

#### Important Changes

"The weekly weigh-ins and accountability really worked for me," he says. "And the MOVE! staff were great. They provided me with the right tools to lose the weight and really kept me motivated."

Clyde started walking and applying what he was learning in class, and the weight started coming off. He made one important dietary change that paid off. "I started avoiding white-colored foods," he recalls. "Even though my wife cooks foods like mac-n-cheese daily, I made the decision to just not eat it anymore. But I do allow myself a 'cheat food'—I sometimes have some rice." Clyde's also became much more physically active—he now walks 6 miles a day, rain or shine.



### **Minus 135 Pounds**

“I started with 59-inch pants and I now measure 41 inches at the waist,” Clyde reports. “And I’m all the way down to 212 pounds, a 135-pound weight loss!” He doesn’t have to think about which way to lean before he ties his shoes, which was something he always had to consider before. And importantly, his health’s improved so much that he’s even stopped taking blood pressure medication! “I’ve maintained my weight loss for 1 year, and I’m still participating in MOVE!,” he says. “My BMI is 30, but I’ve set a goal of 29.”

Clyde believes that he and his brother are “true MOVE! success stories,” and he has some advice for other Veterans who want to lose weight and get healthy. “If you apply what you learn from MOVE! and follow it, it does work!”