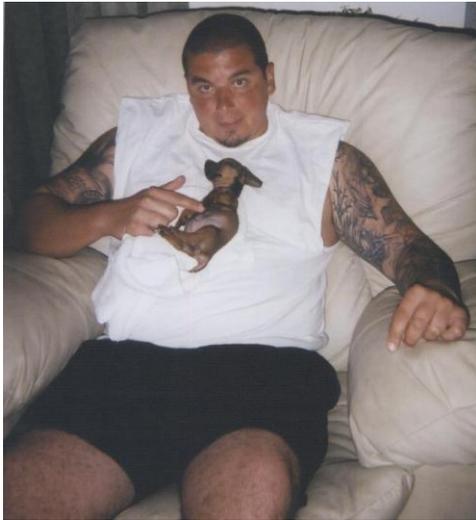


Willing To Do The Work: VETERAN DEREK LONGO DISCUSSES HOW MOVE![®] HELPED HIM ACHIEVE HIS WEIGHT GOAL



Why did you join MOVE![®] at the Viera (FL) VA Outpatient Clinic?

“I wanted to achieve my weight goal and learn more about how to maintain it.”

What motivated you to make changes to lose weight?

“It was for my health, pride, and self-esteem.”

What changes did you make to achieve your goal?

“I reduced my sugar and fat intake, and watched my calories.”

What was most helpful in losing the weight?

“My dietitian, Lisa Haggart, really motivated me, and MOVE![®] provided lots of helpful information.”

What was your biggest obstacle?

“Losing the last 20 pounds was the biggest challenge, but I overcame it with persistence.”

How has losing weight changed your life?

“I feel much better—lots more energy and stamina.”

How do you plan to keep the weight off?

“I’ll stay vigilant about my calorie intake.”

Would you recommend MOVE![®] to other Veterans?

“Yes! But they have to be willing to do the work.”



