

## Changed In Every Way: MOVE!<sup>®</sup> HELPS VETERAN DON BURKE AND WIFE NANCY FEEL, LOOK, BREATHE, AND WALK BETTER

*How long did you struggle with your weight?*

*Don:* “Ten years! I was consuming too much diet soda and too many chips.”

*Nancy:* “My whole life! I was addicted to sugar—coke, candy, especially fudge. I never felt full, and I ate whatever I wanted, whenever I wanted.”

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

*Don:* “Dr. Hashimi, Dr. McGraw, and Pat Lariviere at the VA Central Western Massachusetts HCS recommended that I do MOVE!<sup>®</sup> because I was overweight and had diabetes, high blood pressure, and high cholesterol.”

*Nancy:* “VA called and said they’d like to have me do MOVE!<sup>®</sup> with Don. At the time, I was over 300 pounds and couldn’t even wear a seatbelt. I could barely walk and was out of breath all the time—just watching our grandkids was hard!”

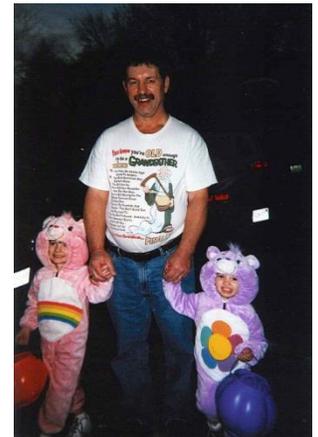
*When did you join MOVE!<sup>®</sup>?*

*Don:* “I started in late October 2012; Nancy joined shortly after, in February 2013.”

*What about MOVE!<sup>®</sup> was most helpful to you?*

*Don:* “The professional help from VA staff—like being weighed every week and getting encouragement to exercise daily. Having support from people in our MOVE!<sup>®</sup> group also helped a lot.”

*Nancy:* “Dr. Mark Schneider and Pat Lariviere in particular gave us lots of compliments and encouragement. And good weight management information and healthy recipes!”



*How much weight have you lost through MOVE!®?*

*Don:* “I’ve lost about 45 pounds. I’m down to 165 pounds, a 33-inch waist, and about 12 percent body fat!”



*Nancy:* “I’ve lost over 67 pounds...and 5 pants sizes!”

*How has losing weight improved your health and well-being?*

*Don:* “I’ve gotten off my diabetes medications, reduced the dose of my cholesterol med, and gotten down to only one blood pressure med. I’m in great shape physically, too—I can do the treadmill, bike, and elliptical machine for about 30 minutes now.”

*Nancy:* “I’m off my asthma inhaler and have also reduced the dose of my blood pressure med. We both have much more energy now—we really enjoy going to the park with our grandchildren!”

*What do you do now to stay healthy?*

*Don:* “We try not to miss any MOVE!® classes, and we go to the YMCA 7 days a week to exercise. We really watch what we buy and eat now—no more diet soda for me!”

*Nancy:* “We never skip a meal, we always plan ahead. We basically buy the same groceries every week—things like fat-free milk, more fish, turkey, vegetables, and fruits, especially watermelon and berries for more fiber.”

*What would you like other Veterans to know about MOVE!®?*

*Don:* “Give it a try! Going to MOVE!® is the best thing you can do to improve your health!”

*Nancy:* “Our lives have changed in every way—we feel, look, breathe, and walk better, and we have a lot more energy!”