



# Success Stories

*Healthy Living Matters. Prevention Works.*

## 66, But Feels Like 50

**VETERAN GILBERT HALL DISCUSSES HOW MOVE!® HELPED HIM FEEL YOUNGER, HEALTHIER, AND BETTER, WHILE HAVING LOTS OF FUN**

Gilbert didn't care about his weight for a long time—until he was told that he was overweight and had diabetes. He knew he needed to do something, so he tried a number of programs to lose weight. Unfortunately, he wasn't able to stick to them. Then he heard about the MOVE! Program through the VA and gave it a try. At first following the program was hard, but soon he got used to it. Later, it actually became fun.



### *Why did you do MOVE!?*

"Well, I had a big waistline—42 inches—and my A1C was high. I joined because I needed to get that number and my weight down, and get my diabetes under control."

### *What happened when you started MOVE!?*

"I joined the MOVE! Program at the Viera (FL) OPC, and started walking and reading food labels. Much to my surprise, I started losing weight. After the first month, I lost 5 pounds!"

### ***What lifestyle changes did you make?***

"I quit smoking and started watching what I ate. I counted calories, stopped snacking at night, and stopped eating high-calorie and fried foods. Now I eat a lot of fruits and vegetables.

I started exercising and it got to be fun. Now, I stay moving all the time. I walk 5 miles in the morning and do other activities at night. I've got two grandkids—ages 4 and 10—and they keep me on the go, too."

### ***What was most helpful in losing weight?***

"MOVE! showed me that what you eat can help you if it's good...and hurt you if it's bad. If you put it all together, the program works."

### ***Who helped you stay on track?***

"VA staff like Chris and Lisa really helped. The classes were a lot of work, but they made them 'off-the-chain' fun."

### ***What was your biggest obstacle to success?***

"Just getting started was the hardest thing. After that, I was on my way to a better, healthier life."

***"The classes were 'off-the-chain' fun... If you put it all together, the program works."***

**– Gilbert Hall**

### ***How did MOVE! support you?***

"They kept me in a good frame of mind, answered all my questions, and gave me support when I needed it most."

### ***How has losing weight changed your life?***

"I'm 66 years old, but I feel like I'm 50. I look better, feel better, and I enjoy life much more than I used to. I plan to keep on doing what I've learned through MOVE! to keep losing weight."

### ***Would you recommend MOVE! to others?***

"Yes! It works, just look at me. I've gone from around 240 pounds to 196, and I'm still losing weight!"