

# Thank You to the MOVE!® Program and Staff

A letter from a Bryan College Station MOVE! Veteran MOVE!® Experience



**Mr. Williams before MOVE!**

April 2011

Hello: To my Fellow Veteran's a VA Doctor's of the MOVE! Program and Staff,

I just want to thank-you for all of your help and saving my life. Without all of you guys and gals help I would have been dead. I had loss everything: From my house, job at the hospital, and my fiancée to another man. I turned too food for the pain and I even thought about ending my own life because I me. But one day that all changed.

I came to the VA for my checkup and I found out that I was close to having high blood pressure and the doctor told me I need to do something about it or face the risk of a heart attack and bad health. He then told me about the MOVE! program. The rest is history. I got into the program and started practicing the things they teach you and I started seeing the results. I even won a three months Aerofit pass for losing 12 pounds.

To all the Veterans Never give UP and please listen to the doctors there. They care about all of you and want you to succeed with your goals. I wouldn't have made it without their help and knowledge. I would still be coming to class but I am in Afghanistan right now. I will be back in October. I enclosed some pictures, what I looked like before I started MOVE!: the purple car picture, and other pictures show what I look like now. I took the picture on 09 APR 2011. I am still watching my calories, no sodas, water, Tea, and Juice, fruits and Vegetables and going to the gym M-F 2 hours. I really miss you all and love you. Thank you for saving my life. Hope to see all of you soon.

Your friend and Fellow Vet,

Jamie Williams

10 APR 2011

“P.S.: Anyone that wants to write me,  
Please feel free to do so.”

Jamie Williams  
455/ECES/FP  
Bagram, Afghanistan  
APO-AE 09354



*Congratulations to  
Jamie Williams  
on his  
Successful Weight  
Loss!!!*