

Easier To Look In The Mirror:

VETERAN JIM ISEMAN DISCUSSES HOW MOVE![®]
HELPED HIM LOSE WEIGHT AND TURN SKEPTICISM INTO SUCCESS

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

“My VA cardiologist recommended it after diagnosing me with atrial fibrillation, which required me to take warfarin and three daily blood pressure medications. My weight was over 280 pounds, and I was out of control. I didn’t know how to lose weight by myself, and I was disappointed with my health and appearance.”

What was your weight loss history?

“I had a history of numerous 10-pound weight losses... and a library of diet books. Twenty years ago, I enrolled in a diet program to help my 300-pound business partner. Unfortunately, we didn’t stick with that program, and 6 months later, he died of a heart attack at age 50. I felt like I was knocking at that door.”

What motivated you to start trying to lose weight?

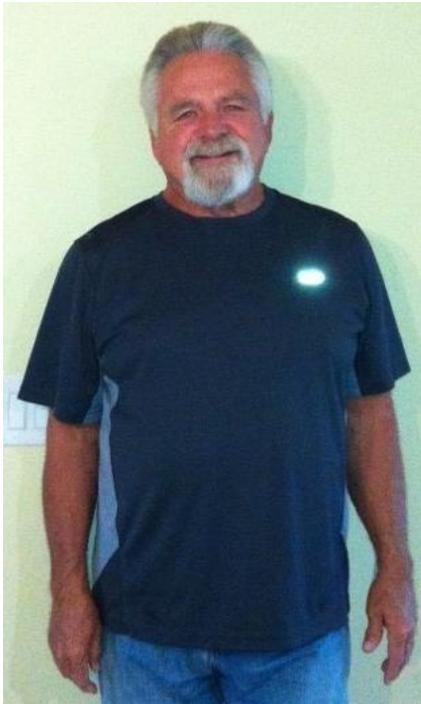
“At age 68, I knew that if I didn’t take advantage of MOVE![®], I would never lose the weight— it was now or never! I was skeptical it would work, especially since I was categorized as either a pre-diabetic or diabetic. But I had a former boss who said that to be successful, you just need to imitate what successful people do. You don’t have to understand why they’re doing it. That’s the approach I took with MOVE![®]. I simply did what they told me.”



What changes have you made?

“I walk 2 miles a day, rain or shine—sometimes very slowly, because I’ve had a hip replacement, a bad left knee, and several different shoe supports for arthritis. I no longer spend my afternoons on the couch. I figure if my wheel-chaired brothers and sisters can be physically active, I can too. I don’t skip meals or go back for seconds. I follow the portion guidelines. I buy and enjoy food by the piece, not the box. I read all food labels—you’d be shocked at what you find, and at all the calories and salt hidden in

our foods! I also log everything I put in my mouth, which was a pain at first, but is now routine.”



How has losing weight changed your life?

“My doctor assumed that I had diabetes and said, ‘wow, you sure kicked it!’ I’ve gone from three blood pressure pills a day to one, and hopefully zero in the near future. My back doesn’t hurt like it used to, and I can tie my shoes with the bow in the middle, not to the side—something that overweight people often do. It’s easier to look in the mirror, though still challenging.”

How will you keep the weight off in the future?

“I plan to weigh myself daily and take immediate action if I gain weight. I’ll continue to split portions when eating out, keep counting calories, and eat light-colored meat and balanced meals. And I’ll keep reminding myself to eat fruit and avoid bringing “bad” food home.”

Would you recommend MOVE®! to other Veterans?

“Without question! They will be with people who understand them and will help them without intimidating or embarrassing them. They need to just do it!”

