

Impressed and Amazed: VETERAN JOHN SKINNER DISCUSSES HOW MOVE![®] HELPED HIM BREAK BAD HABITS AND LOSE 72 POUNDS

“My weight-loss journey began in November 2013, after I went to the Lima (OH) CBOC for a routine visit and blood work. I was amazed at weigh-in to learn that I was 250 pounds! I’d already had two heart attacks, and couldn’t afford to have another—but I was hypertensive and overweight, and saw the handwriting on the wall. My caregiver asked if I was interested in enrolling in MOVE![®] and I said, “Sure!”

Once in the program, I was very impressed with the support provided by both staff and participating Veterans. They gave me the help and motivation to better my health—everybody supported my success!

MOVE![®] gave me the tools to break a lot of bad habits and improve my health. I started walking a mile a day; now I walk



for 3 ½ hours a day—that’s 7 miles! Since starting MOVE![®], I’ve lost 72 pounds. I’m currently at 178 pounds, and my blood pressure is great!

My weight loss and improved health has inspired many of my family members and friends. And they’re also amazed at what MOVE![®] has taught me!

I’m a ‘true believer’ in the MOVE![®] Program, and I thank everybody at the Dayton (OH) VAMC and the Lima Clinic for my success. I’m 18 pounds from my goal weight of 160 pounds, and I’m going to work very hard to reach that goal and stay there!”

