

## Something To Look Forward To:

VETERAN JOHN WAGNER EXPLAINS HOW MOVE!<sup>®</sup>  
HELPED HIM GET HEALTHY AND ENJOY LIFE AGAIN

*How would you describe your previous weight loss efforts?*

“I’ve struggled with my weight since 1972. I tried lots of things over the years—exercise, dieting, grapefruit- and meat-only diets, and many others. I lost weight with each thing I tried, but then I’d gain it back...plus more! Over the last 13 years, I’d also been in the MOVE!<sup>®</sup> Program, and more recently joined an athletic club. But I couldn’t keep up with it.”

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

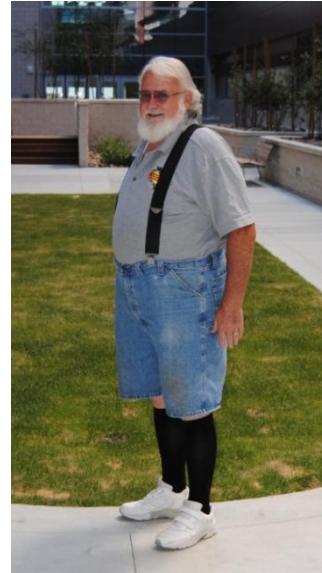
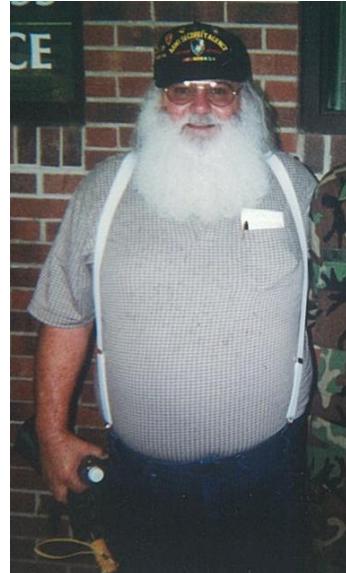
“My doctors told me some things that scared me, and I knew I had to do something to help myself. At that point, I couldn’t walk 100 feet without the aid of a cane or walker. I was literally going downhill—I was headed toward a wheelchair and my health was deteriorating. I was on diabetes medications and my kidneys were starting to fail. I managed to lose a little weight and was taken off the diabetes pills, but then I gained it all back. I felt like I had nothing to look forward to.”

*When did you start MOVE!<sup>®</sup> at the Las Vegas VAMC?*

“Dr. Ferguson at the VA Southern Nevada HCS invited me to join MOVE!<sup>®</sup> ‘Low Carb’ program because I’d been participating in MOVE!<sup>®</sup> since 2000. I started the low-carb program in June of 2012.”

*What lifestyle changes have you made?*

“I pay attention to what I eat now. And if I feel bad, I know to look at my diet to see what’s wrong.”



*How did MOVE!® help you to lose weight?*

“I was held accountable for everything I put in my mouth.”

*How much weight have you lost?*

“I’ve dropped 35 pounds while in the Low Carb program and approximately 100 pounds all together with MOVE!®. I’ve kept it off for a year and I’m still slowly losing weight!”

*Who was most helpful to you in losing weight?*

“The MOVE!® staff were great and extremely helpful. And I felt like I had the support of the whole VA system to reach my health and weight-loss goals.”

*How is life different for you now?*

“I love life now! I can move around on my own and I have a quality of life that I’d only dreamed of. And my health has improved, too. I haven’t taken any diabetes medications since February 2012. I got married in September 2012 and moved to Utah recently, and I’m very happy!”

*How has losing weight changed things for you?*

“My life is greatly improved. I have a new outlook on life and something to look forward to. I still cope with many health issues—I’m a Vietnam Veteran who was exposed to Agent Orange—but I’m enjoying my life as best I can.”

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

“I’d tell them that MOVE!® worked for me, so give it chance! I’m so thankful to VA for giving me a new life. I couldn’t have done it without all that help.”