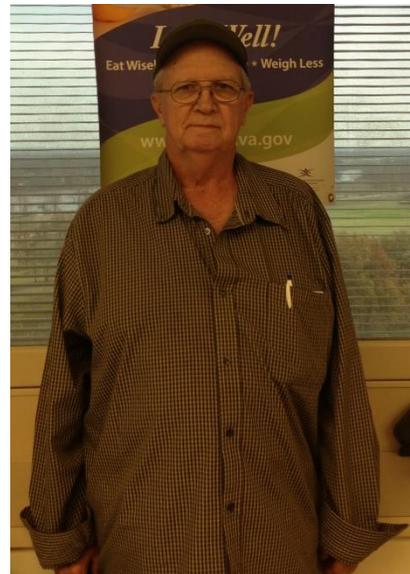


## Proper Learning:

### VETERAN MILES PEARSON LOSES OVER 94 POUNDS THROUGH MOVE!<sup>®</sup> AND KEEPS MOVING TOWARDS HIS HEALTH GOALS

When Veteran Miles Pearson weighed in at Shreveport's Overton Brooks VAMC in June 2011, he was 304 pounds and ready to do things differently. "I was having trouble breathing," he recalls. "My brother passed away from the complications of obesity, and I decided it was time to change."



Miles attended a MOVE!<sup>®</sup> Orientation class that August, then enrolled in the 8-week diet and exercise MOVE!<sup>®</sup> group. Education from his MOVE!<sup>®</sup> team—a Registered Dietitian, Health Behavior Coordinator, and kinesiotherapist—has been the key to his successful loss of over 94 pounds. "I've changed my eating habits by learning what a 'proper' diet is," he says. "I now eat more fruits and vegetables, and practice portion control—it's like defensive driving!" Miles has also increased his physical activity. He walks outside for 45 - 60 minutes each day; if the weather's bad, he uses a treadmill.

As of December 19, 2013, Miles weighed 209.8 pounds. But he says he's got more work to do. "Seeing results on my scale is a motivator," he explains, "and I'll keep moving towards my long-term goals!"