

One Day At A Time:

VETERAN PETER HAISLIP DISCUSSES HOW HE DROPPED
115 POUNDS USING THE 'COMMON SENSE' APPROACH OF MOVE![®]

Before MOVE!, were you successful losing weight?

"I struggled with my weight for the past 15 yrs. I tried several programs, but they didn't work."

What prompted you to start the MOVE! Program?

"One day I saw a lady—who had a good-sized belly—running around my neighborhood. Three months later, I saw her and she looked a lot healthier. I thought, 'I can do that!' During a later visit to my VA primary care doctor for a toothache, she mentioned my weight and suggested I join MOVE!. I'd never heard of it, but thought, 'why not?'"

When did you start MOVE!?

"I joined the MOVE! Program at the Viera (FL) OPC in May 2014, then started the 11-week program that July."

How did the program work for you?

"The instructors were great and very motivating. They gave me the tools to achieve my goals—no 'magic pills,' just good old common sense."

How has your health improved through MOVE!?

"So far, I've lost 115 pounds and almost 11 inches off my waist! I went from a 46- to a 34-inch waist. My lipids are good now, too—I'm no longer in the pre-diabetes range. I have more energy and confidence, and I'm feeling excellent. I've met all my health goals."

Who supported you in your weight loss?

"MOVE! staff and my friends—they all gave me very positive feedback."



How are you keeping the weight off now?

“I still go to the gym four to five times a week, and keep a food log. I stay away from my TV, and try to do more hobbies in the garage. To stay motivated, I sometimes just look at one of my old ‘fat’ pictures. And I still occasionally pop in on the group meetings at my OPC.”

What would you tell other Veterans about MOVE!?

“MOVE! is a great way to learn about food, exercise, and calories—it provides everything you need to slim down. Take the tools they teach you and do it! Sure, it’s tough to lose weight, but stick with it because it feels pretty good in the long run. Don’t be in a hurry, just go one day at a time and the pounds will melt away.”

