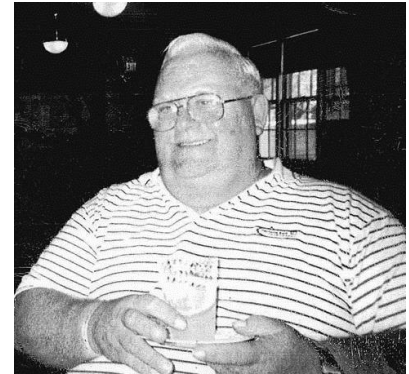


Active, Better, Happier: VETERAN PHILLIP DURNO LOSES 52 POUNDS THROUGH THE “LIFE-CHANGING” MOVE![®] PROGRAM

What motivated you to join the MOVE![®] Program?

“Since the 1980s, my doctors had been concerned about my weight and health issues—I had high cholesterol, diabetes, breathing problems, cancer, and a heart attack. My heart doctor recently had a very frank discussion with me. He said, “you need to do something or you won’t be around to see your granddaughter graduate from high school!”



How did you find out about the program?

“My VA provider, Dr. Sarnik, referred me to the MOVE![®] at the Fitchburg (MA) CBOC. I’d never done a weight-management program before.”

How much weight have you lost through MOVE![®]?

“I started in August 2013, and through February 2014, I’ve lost a total of 52 pounds!”

How is your life different now?

“I joined a health club—I exercise every day. I also try to eat healthier. I’m more active, and feel better and happier. I’m breathing better and taking fewer medications, too.”



Who helped you reach your goals?

“My wife has been my number one support—she preps my healthy meals, and reminds and encourages me to stay on track. The MOVE![®] Program Coordinator and staff have been great, too. They’ve kept me accountable, and they’ve encouraged, praised, and celebrated my successes.”

What would you tell other Veterans about MOVE![®]?

“My story of success says it all. Veterans should get into the program because it’s life-changing—stick with it and you will live a longer life!”