

## **Permanent Change:** A ‘HEART ATTACK WAITING TO HAPPEN’, VETERAN RICK BROWN DISCUSSES HOW HE CONTINUES TO LOSE WEIGHT WITH MOVE!<sup>®</sup>

*Describe your history when it comes to weight.*

“I’ve had weight issues since age 40, and I’m 57 now. At my largest, I weighed 313 pounds.”

*What motivated you to want to lose weight?*

“My blood pressure, even with medications, was very bad. I was a ‘heart attack waiting to happen!’”

*How did you learn about the MOVE!<sup>®</sup> Program?*

“The nurse told me that my doctor had lost 30 pounds using MOVE!<sup>®</sup>. That prompted me to try it, too. It was the first weight-loss program I tried.”

*When did you start doing the program?*

“MOVE!<sup>®</sup> Program Coordinator Elizabeth (Liz) Wyatt called me and I started at the VA Central Iowa HCS (Des Moines) in July 2013.”

*What about the Program has worked best for you?*

“MOVE!<sup>®</sup> let me be me. I credit several things for my success: weighing in at the same time daily, walking 5 miles a day, using a pedometer, changing my eating habits, recording everything in a book, and taking the time to do it.”

*How has your health improved?*

“I’ve lost almost 80 pounds since starting MOVE!<sup>®</sup>. At each visit, I set my weight-loss goal as ‘5 pounds more’. My blood pressure is now 120/78, and I may be able to get off all my hypertension and cholesterol medications. I’ve gone from a size 42 to 36 in pants, and from 4XL to XL in shirts—I’ve had to give away all my big shirts!”

*Who helped you reach your goals?*



“Liz helped me and kept me motivated. I saw her every 2 weeks, and lost some weight every time. She validated all the things I did to be successful. My girlfriend Cindy also really helped and supported me.”

*How's your life different now?*

“I have more energy now than ever, and lots of confidence. I've quit drinking, too. I used to push everyone away because of how I felt about myself, but now my daughter is back in my life. I work hard at what I do, and people are noticing my weight loss. My motivation is myself!”



*What would you tell other Veterans about MOVE!®?*

“MOVE!® is a permanent, lifestyle change. Although doing the program wasn't 'fun' at first, it's been fun overall.”