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

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

When did you start doing the program?
“MOVE!® 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!® 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!®. 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.”