



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Becoming the Person He Wants to Be*

**VETERAN ROBERT BURBRIDGE DISCUSSES HOW MOVE!® GOT HIM FIRED UP...AND HELPED HIM GET 50 POUNDS LIGHTER**

"I was a very overweight Veteran. I had all the things that overweight people have—a quadruple heart bypass, gout, high blood pressure and cholesterol, bad joints, aches and pains, and shortness of breath. Everything hurt, and I was taking multiple medications to deal with all these medical issues. I was wearing 4-XL clothes, and my eating habits were awful. I was not very active at all, and my love life was suffering, too. Life was NOT good!



Then I ran across a Veteran friend of mine. He was thinner, but not from being sick—he looked great! He had a bounce in his step, and his face had a clear, clean look.

I asked him, 'what happened to you?' He told me about the MOVE! Program, and showed me his MOVE! Workbook. He said that the program worked for him—he'd lost 30 pounds.

And he told me that it would work for me if I followed the program's guidance. He gave me a card to call Becky and Terry, who are with the Daytona Beach (FL) VA Outpatient Clinic MOVE! team.

When I called, they were much more excited than I was. They told me I could enroll in the classes, and that my wife could come, too. I said that we would give it a try. Over the years, I tried lots of other 'diets'—I hate that word—so, I didn't think MOVE! would work. But I soon found out this program was different.

We came to class and Becky and Terry were fired up, which got the whole class fired up. What fun we had! Our classmates felt like new friends, and we were all trying to do more than just lose weight. We were also learning lifestyle change.

I learned about 'calories in, calories out,' reading labels, portion control, using a 9-inch plate, and making meals at home so you know how they're prepared. I also learned how much work you have to do to burn off calories! It all helped me.

Things like not meeting in eating places, and drinking lots of water—it keeps me feeling full—really work for me, as did physical activity. I started off walking just a little at first, but I got through that pain realizing how much pressure was on my joints. Now, I walk a lot.

During the 16 weeks of classes, I lost 50 pounds and I've kept it off—and lost a little more. We made it through the holidays, which can be challenging. I realized that if I didn't make a big deal out of eating less food, no one else would. I told Aunt Jenny that I'd get some of her apple pie, then put a very small piece on my plate. After I ate it, I showed her the empty plate and told her how good it was.

I would tell Veterans to please give *us* a try—that's right, I'm a part of MOVE! and I want them to be, too.

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– Robert Burbridge

MOVE! Program staff like Becky and Terry will give you all the support and direction you need to lose the weight. Your new friends from class will be supportive. If you are overweight and are okay with it, that's your business. But if you want help, are willing to change your lifestyle, and are ready to work at the program and turn into the person you want to be, then you have to do the MOVE! Program.”

