



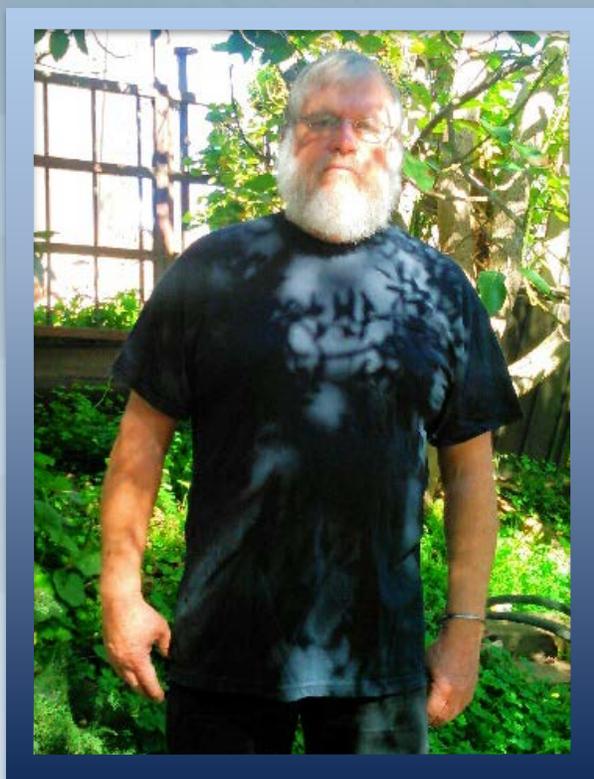
Success Stories

Healthy Living Matters. Prevention Works.

“Mission Accomplished!”

NAVY VETERAN ROBERT “SAILOR BOB” GREGORY TURNED TO HIS MARE ISLAND, CA, CARE TEAM WHEN WEIGHT GAIN AND PAST INJURIES REQUIRED HIM TO WALK WITH A CANE.

Motivated by his physical therapist and MOVE! dietitian, Bob shed over 40 pounds and trimmed 10 inches off his waistline—and shed his cane, too!



How long had you struggled with your weight before MOVE!?

“During my active duty, I never had a weight problem. I was physically active, an avid runner, swimmer, and cyclist. The weight started accumulating after retirement.

“The ‘battle of the bulge’ is a challenge. I had an idea of what I needed to do, but I was ‘getting nowhere *fat!*’ I had also become dependent on using a cane to walk, a result of injuries while on active duty. Exercise seemed too difficult.

“Concerned about my weight, my general practitioner at the VA Mare Island clinic arranged appointments for me with a physical therapist and a dietitian.”

Can you describe that “two-step” approach to your weight loss?

“My physical therapist, after several sessions, freed me from my walking cane. It wasn't easy. But the result was no more cane and the ability to walk for miles, a major key for my weight-loss goal.

“I entered the MOVE! program in October 2016. The group is headed by a professional and highly motivated dietitian who presents weekly classroom sessions, offers challenges, and answers questions. She tracked my progress by having me weigh in weekly and keep a chart of what I ate and how much I exercised. Encouragement along the way gave me the hope to meet challenges I encountered.

“The key to success with MOVE! was learning healthy choices in what I eat and how I should exercise intelligently.”

What have you accomplished through MOVE!?

“Thus far, I've lost over 40 pounds—attested to by going from 42-inch to 32-inch pants! I have lots of energy and feel much younger. People that I hadn't seen for some time needed me to reintroduce myself. What a happy change!

“I've become much more active—walking four to six miles a day—and I enjoy well-balanced meals.

“Weight loss: Mission accomplished!”

“I have lots of energy and feel much younger. Give MOVE! a shot!”

—Bob Gregory



What's your message to other Veterans about MOVE!, Sailor Bob?

“Give it a shot—and carry on smartly!”