

Shipshape: VETERAN ROBERT SCHROCK GETS ON BOARD WITH MOVE![®] AND LOSES 100 POUNDS!

Veteran Robert Schrock says that his yearlong weight loss journey "started as a chore, but is now a challenge."

And it's a challenge that started with a visit to the Amarillo (TX) VA Health Care System in August 2012. "They did my routine weight screening and the result was shocking," Robert recounts. "I was one drink of water away from weighing 300 pounds!"

Setting Sail

Robert realized he needed to address his weight gain, and soon. His son, an officer in the U.S. Navy, had extended an invitation to join him aboard the U.S.S. Enterprise. As Robert was filling out health records required for the trip, his son also told him that a physician would have to "sign off" on him before he could join him on the ship. "The VA Cardiology Department suggested that I do the MOVE![®] Program to lose some weight," Robert explains. "At that point, I was willing to do anything to be able to get on that ship with my son."

In MOVE![®] classes, Robert quickly learned the importance of controlling his portions and tracking his calorie intake—and it paid off! By October 2012, he'd already lost 40 pounds and then joined his son to take a memorable trip, sailing from Florida to Virginia on the aircraft carrier.

Tech-Savvy

"I became very efficient at using free computer and phone apps to track my calories and physical activity," he says. One major change to Robert's eating habits was portion control—an important aspect of weight loss that he was continually reminded of. "I still remember the day I had a revelation about serving size," he recounts. "I used to eat two



to three bratwurst links, then I read the package. It said that a serving was only half a link!” Robert says computer apps also helped him realize his sampling of food items at the grocery store could cost him, big time—in one instance, it was 1,000 calories! Overall, Robert’s results were so good that during the 2012 Christmas holidays spent in Austin with his family, he and his wife made a plan to continue the healthy lifestyle changes he’d already successfully made.

Past The Plateau

In February 2013, however, Robert experienced a “plateau.” “So I began to take exercise more seriously by making a commitment to do it consistently,” he says. “I’d been using my stationary bike only as a clothes hanger, but started riding it for 30 minutes per day.” Robert also continued to plan his calorie intake each day, typically eating the same foods, just in much smaller portions. “Now, if I want a bowl of ice cream, I’m aware of the amount of activity that’s required to burn off those extra calories,” he explains. “So some days when I have that craving, I just ask myself, ‘is it worth it?’”

Role Model

At Robert’s final MOVE!® class in August 2013, he weighed 100 pounds less than when his journey began 1 year ago. He reduced his A1c from 7.0 to 6.1, which has allowed him to control his blood glucose with diet and exercise—and without medication. His blood pressure is also under control, but now with less medication. “It’s nice to be a role model for my family and friends,” he explains. “Seven co-workers have joined me in getting healthy, and my wife’s also lost weight, as have my brothers, sisters, nieces, and nephews. It’s great!”