



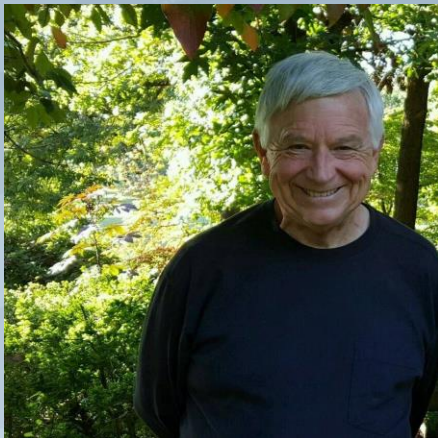
Success Stories

Healthy Living Matters. Prevention Works.

Less Weight, More Joy

VETERAN TERRY CRANFORD EXPLAINS HOW MOVE!® MOTIVATED HIM TO LOSE 60 POUNDS AND EMBARK ON A NEW, HEALTHIER LIFE

In a struggle with weight that lasted for almost 4 decades, nothing worked for Terry Cranford. But when his heart problems reappeared years after bypass surgery, he knew it was time to take action. At the suggestion of his VA physician, he started the MOVE! Program, and it gave him the accountability, support, and follow-up care he needed to get healthy.



What motivated you to think about doing MOVE!?

"I struggled with my weight for nearly 40 years. Fifteen years after heart bypass surgery, I began to have trouble again and had to have more stents put in. My VA physician, Dr. Witherington, suggested I try MOVE!."

When did you start MOVE!?

"I started in February 2015 at the Fort Smith (AR) CBOC, and joined the MOVE! classes right away. I did both the individual and group sessions."

Have you been successful with the program?

"I've lost 60 pounds during MOVE!—that's 10 inches from my waist! I've gone from a size 46 jacket to a 38, and I am striving to get into a 36."

What about MOVE! worked for you?

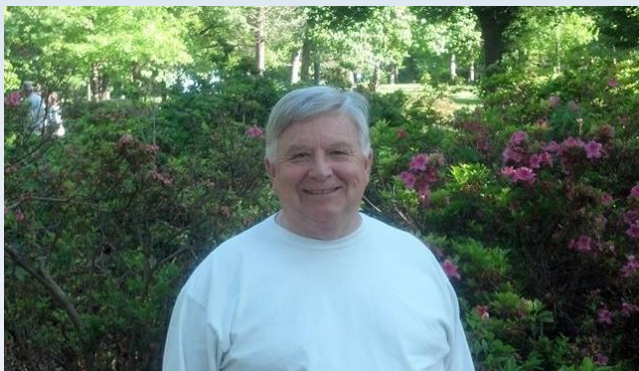
"The follow-up and the accountability really helped me. I did not want to come into a class or clinic appointment having gained weight!"

Who helped you reach your health and weight loss goals?

"VA staff like dietitian Tammy Hamilton were helpful, as were the staff at the local gym where I belong."

How is your life different after MOVE!?

"I have much more energy now, and more joy in my life."



“I have much more energy now, and more joy in my life.”

– Terry Cranford

What do you do now to stay healthy?

"I exercise every day and try to maintain a low-fat, low-carbohydrate diet. I still participate in the program through periodic phone monitoring. I've been able to maintain my weight loss for 6 months!"

What would you like other Veterans to know about the program?

"It's a great motivator and the follow-up is really helpful."