

## No Junk Food and Loving It:

VETERAN TERRY WOODARD DISCUSSES  
HOW MOVE!<sup>®</sup> HELPED HIM LOSE 58 POUNDS

“My name is Terry Woodard and I was FAT! Almost every evening, I used to enjoy a big bowl of ice cream topped with hot fudge and whipped cream—followed by a bowl of mix nuts or chips or popcorn. When sitting around, I’d get the urge to go to the donut shop, where I’d have 2 or 3 donuts and coffee with extra cream. Then for an afternoon snack, I’d head out for a hamburger and a large order of French fries—because ‘my dog wanted some fries.’

Well, all of that lead to a weight of 233 pounds, diabetes, high blood pressure, and an aching back and knees. By then, I didn’t want to do much but sit, watch TV, and sleep.

One day, I had to take my wife to her doctor at the VA. While waiting, I overheard a conversation between a Veteran and the receptionist about the MOVE! Program. Shortly after, I asked staff at the Daytona Beach VA OPC to sign me up for the program.

The waiting list for MOVE was about 3 months, but I got started right away with the TeleMOVE! Program. I got daily calls to report my weight, and was held accountable for what I ate and how much I exercised. Plus, I got to attend 2 monthly motivational meetings. Because someone was going to ask me how much I weighed each day, I started thinking about what I was putting in my mouth.

In February 2015, I went to the MOVE Introduction Session with Terry and Becky. They were very motivated and they made me eager to get started. I was very happy to know I could bring my wife, too.

My wife and I started the 16-week VA MOVE! Program, and now I am off most of my diabetes and blood pressure medicine. So far, I’ve lost 58 pounds and my wife has lost 52 pounds! And my granddaughter, who moved in with us a few weeks ago, has also lost 25 pounds.



I try to share my success with other Veterans, hoping to encourage them to get healthier, too. I couldn't have achieved my goal without the outstanding support of Terry, Becky, and Pat! They have made me realize this is not a diet, but a lifestyle change. And it's one I can live with for the rest of my healthier life—I'm without junk food and loving it.

Thank you, VA, for supporting the MOVE! Program!"

