

## **Changing, Coping, Improving:** **MOVE!<sup>®</sup> HELPS TONY ADAMS OVERCOME PHYSICAL LIMITATIONS AND HIT HIS WEIGHT LOSS TARGET**

When it comes to weight management, Tony Adams has hit the bull's-eye. An archery lover, Tony hopes to be able to shoot his bow again. And he's using the MOVE!<sup>®</sup> Program to reach that goal and improve his health.

When Tony started MOVE!<sup>®</sup>, he weighed over 300 pounds. But after about 9 months in the program, he's lost over 40 pounds...and counting. "I'm not stopping there," Tony explains, "I plan to lose even more weight!"

### **Two Things**

He attributes his success at managing his weight to two key lifestyle changes he's made. First, Tony cut back on portion sizes. "I reduced the amount of food I ate at every meal and cut down on my evening snack," he says. "I was surprised at what a difference eating a smaller plate of food made for me."

Second, he went out and bought a stationary bike. Tony placed it in his TV room, and began riding for 20 minutes each night. "I'm happy to report that I can easily ride for at least an hour and a half now," he says, "and I try to do it every night." While Tony rides, he watches TV and practices the motion of shooting his bow.

### **Committed**

Tony has plenty of physical limitations—a fused back, bad wrists, and two artificial knees—but he hasn't let that stop him from losing weight and improving his health. Despite coping with a lot of back pain, he is committed to keeping the weight off. He weighs himself every morning and participates in the Home Health Buddy Program for weight loss.



### **Compliments, Confidence**

As he's lost the weight, Tony's seen several big benefits. He's feeling less pain, moving around more easily, no longer taking one of his diabetes medications, and better controlling his blood sugar. And his appearance has improved greatly.

When asked, "has your life improved since losing the weight?," Tony replies quickly, and with a chuckle. "You better believe it," he says. "I can get up and down stairs. I feel younger. I don't look as fat anymore and people are giving me lots of compliments, which makes me more confident about my body. I've actually had to take notches out of my belt and buy smaller pants!"

Before MOVE!®, Tony struggled just to put his socks on. Now, he can get them on much more easily, and he's active throughout the day. "I wake up every morning a little sore and tired," he explains, "but it's good pain!"

### **Support**

Tony credits his "sweet, loving wife" of 49 years as his biggest supporter and best asset. He also praises the MOVE!® Program for helping him get—and stay—motivated. "The camaraderie I've felt with fellow class participants really helped," Tony says. "Together, we motivated one another and cheered each other on!"

"MOVE!® has really helped me, and the information and knowledge they provided has been very beneficial. I can even read food labels now!," Tony says. "The class also helps me to remember that I'm accomplishing something for myself!"

Tony wants other Veterans to know how good MOVE!® is, and how it can help them get healthier and better manage their weight. To other Veterans interested in MOVE!®, he says, "It's worth it! If you have to lose weight, do it. Don't fool around!"