

It Works!:

VETERAN WILLIAM WADE DISCUSSES HOW MOVE![®] HELPED HIM LOSE ALMOST 100 POUNDS

What was your ‘weight turning point’?

“I struggled with weight most of my life, and tried just about everything. But when I saw I weighed 289 pounds at my physical, I knew I had to make a change. My VA nurse told me about the MOVE Program at the Beaufort, South Carolina, OPC and convinced me to give it a try.”

How long have you been participating in MOVE!?

“I started in June 2012 with the Group Sessions and participated until March 2013. I returned in September 2014 and now continue to go for reinforcement.”

How is MOVE! different from other programs?

“MOVE! staff were great and very positive. I also really enjoyed the classes. The program is a life style change. I learned about the importance of reading labels, watching serving sizes, and eating the correct amount.”

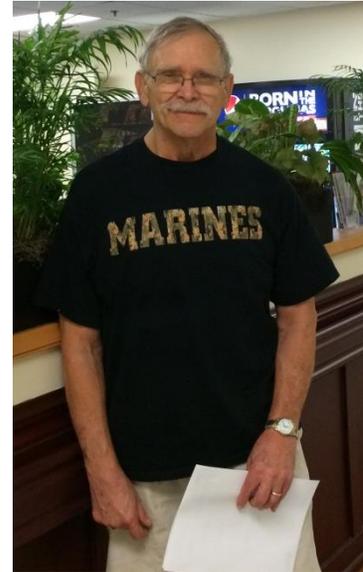
What about the program worked for you?

“I quit overfilling my plate and most importantly, I started keeping a record of everything I ate. I lost weight initially, finished the program, and thought I’d mastered my problem. I was wrong! I started gaining weight back—because I stopped tracking my eating. So I got back into MOVE! and started going whenever I could, and that changed my attitude about food. My family and VA staff were also really supportive.”

How much weight have you lost?

“I’ve lost 96 pounds and will soon break 100. I’ve lost 11 inches in my waist, too. I truly believe that I have, at last, gotten my weight in check! But I’m still losing weight.”

How’s your life different now, and how has it improved?



“MOVE! changed my life! I now enjoy sports, exercising, healthy eating, and life in general. I’m able to walk, exercise, and breathe easier. My blood pressure is down and my lab results are great!”

What would you like other Veterans to know about MOVE!?

“It works!”