



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Making the Commitment to Get Healthy*

*VETERAN ADAM SMITH LOST OVER 120 POUNDS WITH MOVE! AT THE FORT HARRISON, MT, VA MEDICAL CENTER.*

Prior to his tours in Iraq and Afghanistan, Adam weighed 170 pounds. After returning, he turned to food as a way to cope with emotional challenges and low back pain. Eventually, weight gain began to take a toll on his health, and at 309 pounds, Adam decided he wasn't going to let physical and emotional challenges control his life any longer.



## *Courage and First Steps*

At 30 years of age and more than 300 pounds, Army Veteran Adam Smith was not happy with his situation. He realized he had to do something to take back control of his health and his life. His first courageous step was to join the MOVE! Weight Management Program to lose weight. The second was to start treatment for depression.

## *Beginning with the Basics*

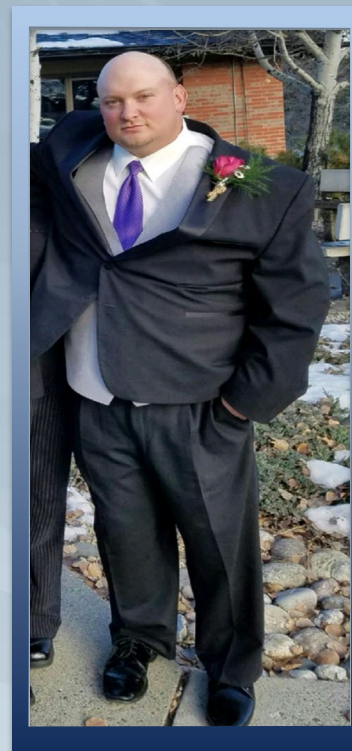
Adam started eating a healthy diet of 1200 to 1500 calories per day. He began cooking more and trying new recipes. Breakfast was usually two eggs and a piece of toast. Lunch consisted of a turkey wrap with vegetables, and for dinner he ate three ounces of protein, an ounce of starchy vegetable or grain, and a large salad. Adam drank plenty of water and snacked on nuts or a protein bar when needed. He lost weight quickly at a rate of about three pounds per week. Once Adam reached his first goal weight of about 200 pounds, he increased his calories to 1700 per day and continued to eat wisely and be active consistently.

## *Determination to Succeed*

Despite his back problems, Adam began working out, doing some form of physical activity most days of the week. He started out with his preferred form of exercise, a punching bag, twice daily for 30-45 minutes. When his back pain increased, Adam replaced some of the daily punching bag workouts with light strengthening and cycling at the gym.

## *Sheer Grit*

After waiting several months to finally have back surgery, Adam had to take a break from exercise while recovering. He gradually increased from light to more intense exercise, and has much less pain.



## *Transformed and Happier*

Adam is now down to 187 pounds! He has undergone a transformation in his lifestyle and he is happier. He is fit and feels good. Adam is confident he can continue to manage his weight by balancing his food intake and physical activity.

Through Adam's hard work, determination, and sheer grit, he has created a new and improved, healthier life.