



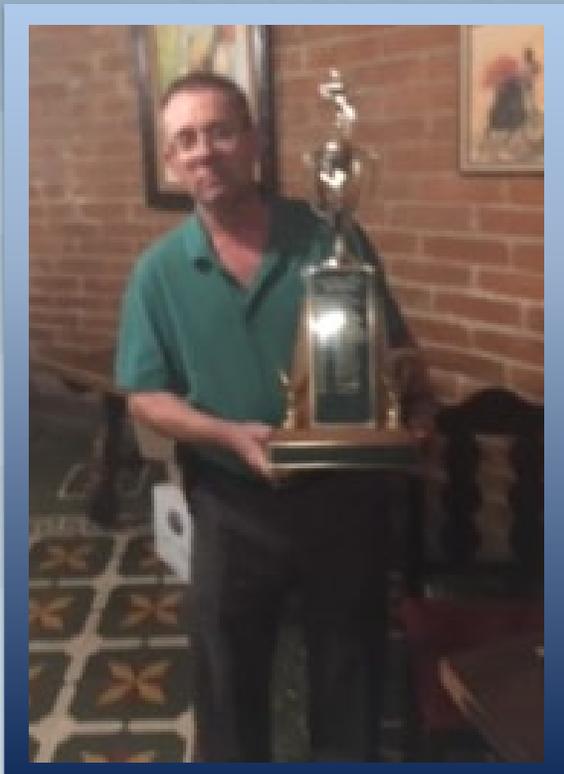
Success Stories

Healthy Living Matters. Prevention Works.

Forging a Path to Weight Loss Success

VETERAN ALAN BRIZEE TURNED TO MOVE! TO HELP HIM RECLAIM HIS HEALTH AND BETTER MANAGE HIS WEIGHT

Alan worked with the MOVE! team at the Southern Arizona VA Health Care System in Tucson, AZ to develop a healthier lifestyle and achieved great success.



Choosing to Make a Change

Even before joining the MOVE! Weight Management Program for Veterans, Alan had experience losing weight. Following his retirement, he had worked for a number of years to find his ideal weight. Unfortunately, the challenges presented by the COVID-19 pandemic caused him to regain most of the weight he had previously lost. Inspired by a pamphlet advertising MOVE! that he saw at his local medical center, he chose to give the program a try.

Getting Back to What Works

After joining MOVE!, Alan dedicated himself to developing the healthy eating and physical activity habits he needed to lose weight. After his gym reopened, Alan began to visit three times per week. In addition to losing over 20 pounds, this regimen helped him with his overall fitness. A competitive bowler, Alan recently shot a perfect game!

The Mental Aspect

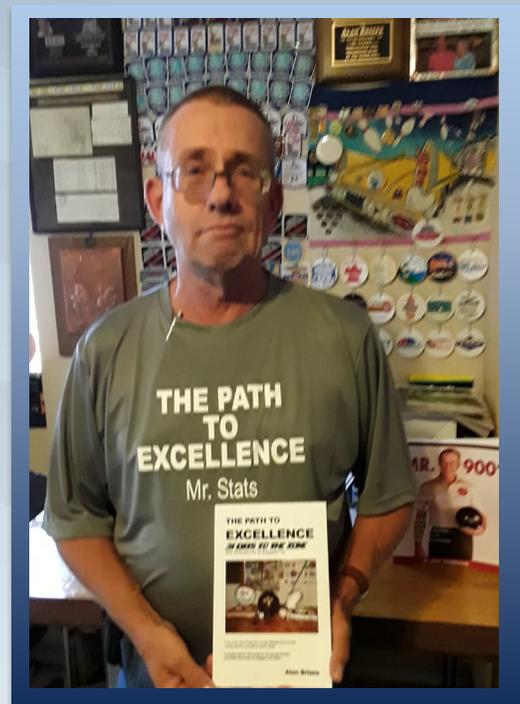
For Alan, MOVE! was effective in that it “[empowers you] to change your way of thinking...[and] wanting to improve your health and enjoy life to the fullest while you still can.” Through the ups and downs of his weight loss journey, Alan stayed committed to his goals and achieved success.

A Positive Attitude

Alan thanks MOVE! Coordinator Becky Biggard and the rest of his MOVE! team for helping him build a positive outlook and a new, healthy lifestyle for the long term. He plans to continue his current activity, including walking 20 miles per week, so that he can remain competitive in his sports activities. Alan will also maintain his healthy eating habits, which still allow him to enjoy his favorite desserts!

“**MOVE! isn't just about losing weight. MOVE! is about quality of life.**”

– Alan Brizee



Reflections of a Champion

In addition to his fitness and weight loss success, Alan has written a book that further details his journey. He hopes that sharing his own inspirations and motivations will help others strive for a healthy weight and better health.