



# Success Stories

Healthy Living Matters. Prevention Works.

## Understanding her unique experience

**AMBER PARKER'S ALL FEMALE MOVE! GROUP AT THE PLANO, TX CBOC HELPED HER STICK WITH IT AND SUCCEED AT LOSING WEIGHT...94 POUNDS OF WEIGHT!**

In the past, Amber would quit if she failed, but Cindy Sizemore and the MOVE! team helped keep her going this time.



## The clean plate club

Amber struggled with weight for most of her life. To make weight when she was in the military, she lived off a diet of Slimfast and popcorn. She says, "I was the kid who not only cleaned their plate, but the plates of everyone in the house. I ate when I was happy. I ate when I was sad. I ate when I was bored. I ate when I was full, because let's face it I was never hungry. My eating was so out of hand that my body had forgotten how to be hungry. MOVE! helped me to track what I eat. It was a huge eye opener to find out I was eating 6,000-7,000 calories a day."

### ***Help to keep me going***

“MOVE! also taught me to make small changes so that I could be successful. Instead of drastically changing or yo-yo dieting, we worked on one thing a week. My eating habits are better than they were but I still struggle. Also, we were taught it is ok to not be perfect and if we slip up to just get right back up and start again. In the past when I failed I would just quit. Having Cindy and the MOVE! program really helped me to keep going.

### ***What was different about your experience with MOVE!?***

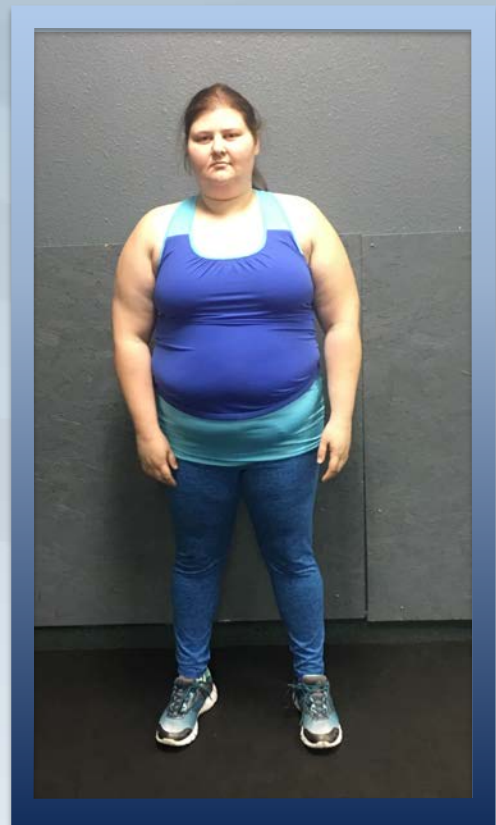
Amber shares the fact that her MOVE! group was all female really helped her to stick with the program. “Here were people who understood my unique experiences.” Amber started MOVE! in May of 2017 and currently continues to attend the MOVE! maintenance program offered at her CBOC. “Going to the MOVE! maintenance program helps me get back on track when I start to backslide.”

### ***Success with physical activity***

“My life is so much more active now. My husband and I take walks after dinner instead of planting ourselves in front of the television. Right now I am training for a half marathon. I run three days a week and cross train on my off days.

“**I feel stronger and more confident daily.**”

– Amber Parker



### ***Amber's message to others***

“The biggest take away from the MOVE! program is that you aren't alone. There are lots of Veterans who have the same struggle and it doesn't make us weak or less of a person to ask for help.”