



Success Stories

Healthy Living Matters. Prevention Works.

No more complaining, just commitment

VETERAN APPALIS MURRAY STRIVES FOR HER GOAL WEIGHT WITH THE SUPPORT OF HER VA NORTH TEXAS HEALTHCARE SYSTEM MOVE! TEAM.

Having a co-worker as an accountability partner helped to keep her on track and achieve weight loss success.



A little bit of history

Appalis Murray had been complaining about her weight for more than 10 years. After a referral to MOVE! in 2008, she attended the classes, but admits she was looking for a quick fix to her weight problems. She was not successful in losing weight and attributed it to everything from a previous pregnancy, to medications, to office parties and not having enough time in the day to work out.

Fast Forward to 2018

This time, when she received another recommendation from her primary care provider to try the MOVE! Program, she was determined to succeed at making a positive change. “I wanted to be able to walk up a flight of stairs without sounding like a freight train [and] be able to tuck my shirt into my pants and show off my belt.”

What was different the second time around?

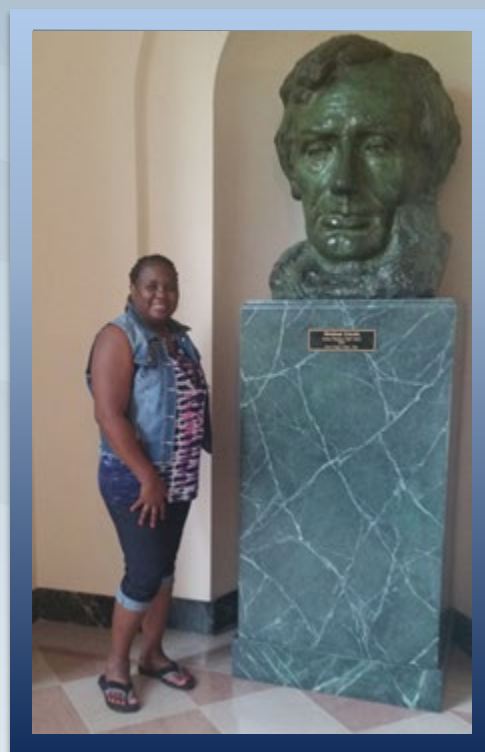
Appalis had some help on her second attempt with MOVE! and weight loss. “My co-worker became my accountability partner. She attended MOVE! meetings with me, encouraged me to walk during breaks and prep my meals for the week. Besides making better food choices, I have incorporated walking into my daily schedule. I’m looking into classes that will help increase my flexibility and endurance.”

Positive Reinforcement

Even though Appalis did not see any changes in her weight initially, when her co-workers started commenting about changes in her appearance she was motivated to continue. She referred to the scale as her “new best friend” once the weight started coming off.

“ I am starting to feel like I did in my late thirties...energetic!”

– Appalis Murray



Getting to what I told the DMV

Embarrassed about her actual weight, Appalis “fudged” the numbers on her driver’s license. Now she is well on her way to reaching her ultimate goal of “drivers license weight.”