



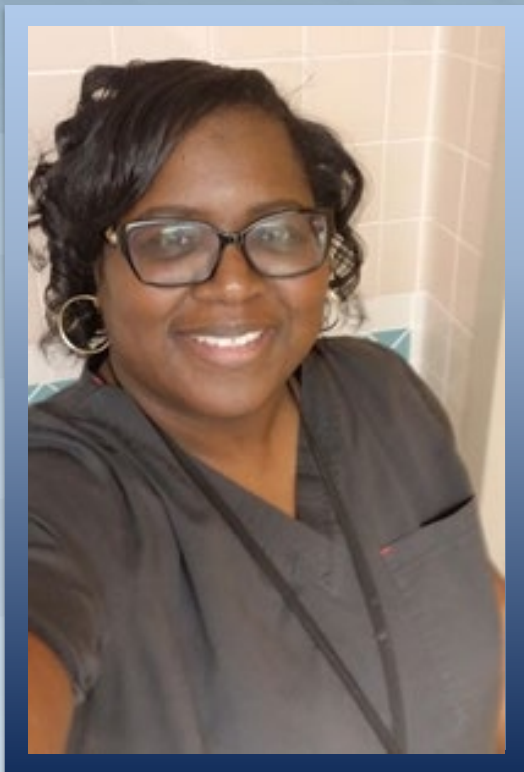
# Success Stories

*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."