



Success Stories

Healthy Living Matters. Prevention Works.

Finding Comfort in a Healthy Lifestyle

FOR VIETNAM VETERAN BEN WUNSCH, FOOD WAS SOMETHING COMFORTING—UNTIL EXCESS WEIGHT FROM OVEREATING MADE LIFE DIFFICULT.

With the help of his North Texas VA MOVE! team, Ben learned how to improve his eating habits and take charge of his lifestyle. He's lost over 60 pounds and 14 inches from his waistline... and counting!



Why did you decide to join MOVE!?

"Returning from Vietnam in 1970, I found comfort in food. It became my friend. I buried myself in work, became an expert in many technical areas, and received numerous awards and accolades... but the pounds kept coming on. I tried several diets looking for the 'silver bullet'—something that would shed pounds without me having to do too much.

"Fast forward to 2017, with the advice from my VA-PCP and encouragement from my wife, I said yes to enrolling in MOVE! I figured, what the heck—it would get everyone off my back about my weight, and I might even lose a pound or two."

What did you learn in MOVE!?

“As the MOVE! sessions progressed over the 16-weeks, I realized there is no quick fix. There is no lasting success if I don’t change my eating habits. I started understanding nutrition and learning about the calories in the food I was eating. Understanding the nutritional value of what I was shoving in my mouth was eye opening. The light bulb started coming on in my head. If I am serious about losing weight, I must change.”

How else did MOVE! sessions help?

“The discussions and guidance made me realize I can alter my food intake and be happy—I can regain my life. It became clear: I can do this. I didn’t have to give up everything and only eat ‘rabbit food,’ just figure out the correct portion sizes and plan ahead for my meals.”

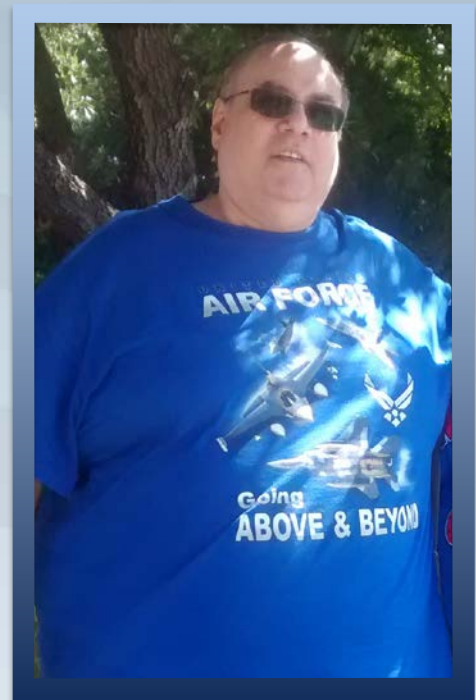
What have you accomplished through MOVE!?

“April 18, 2017, was the start date of my 16-week MOVE! class. I started at 393 pounds and currently weigh 332. My waist size reduced from 70 to 56 inches—I saved the belt as a trophy.

“I’ve had an explosion of activity in all areas. I now enjoy walking, spending time with my grandkids, and being able to go places and fit (into cars, restaurant booths, etc.). I never imagined that I would belong to a fitness center!

“**MOVE! works. Losing weight doesn’t have to mean starving yourself.**”

– Ben Wunsch



“I monitor, measure, record, and diagram what I eat. I better understand how to manage my diet and activity. I have not reached my final goal, but I know I will.

“Losing weight doesn’t have to mean starving yourself. It means understanding what you eat and what you want your life to be going forward.”