



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *He's a MOVE! MVP*

**AIR FORCE VETERAN AND BOSTON RED SOX FAN BERNARD KOPECKY JOINED AN ALL-STAR MOVE! TEAM OF HIS OWN.**

Inspired by the MOVE! pros at the Springfield, MA, VA Outpatient Clinic, and by the fellow Veterans who were his teammates in the program, Bernard lost 35 pounds. He'll soon be able to have the knee replacement surgery that'll get him back in action!



### *A long struggle with his weight.*

Bernard Kopecky can barely remember a time he didn't have to battle weight gain. "After leaving high school, my weight started to go up and down," he recalls. "For a few years while I was in the Air Force, I was able to keep it off."

But after leaving active duty, it got harder and harder for Bernard to manage his weight. "After leaving the service, it was a constant fight," he said. "The only way I could keep it off was light workout loads, and I could not keep it up."

### ***Bernard gives MOVE! a tryout.***

Bernard wanted to improve his health and relieve his constant knee pain, but he needed to lose weight to be cleared for knee replacement surgery. While reviewing his VA benefits, Bernard noticed that the MOVE! Program was available to every Veteran who needs help managing his or her weight.

"I decided [MOVE!] would be a good fit for me," Bernard said. "It seemed that it could give me the support I needed. And it does not depend on meds to make you lose weight."

### ***The tools to succeed.***

Soon, Bernard learned that his hunch about MOVE! was correct. And how did the program stand out from other ways he'd tried to manage his weight? "The week-to-week monitoring; the material used to teach you to track your calories, fat grams, proteins, fiber, and portion sizes—MOVE! gave me the tools that were needed," Bernard said. "It showed me I could do this without diet pills."

### ***MOVE!-ing to a better life.***

In the nine months since he started with MOVE!, Bernard has lost 35 pounds and 4 inches from his waistline! How has his life changed since MOVE!? "It's better than before," Bernard said. He's more active in his hobbies, too. "I work on woodworking and boat projects," he noted.

“If you follow the program, you will definitely have a better feeling about yourself.”

– Bernard Kopecky



Bernard wants to keep going until reaching his goal weight of 180 pounds. His inspiration? "Being able to have my knee replacement surgery so I can get around without walking around in constant pain."

Bernard hopes other Veterans will learn from his experience. "If you have the desire to meet and exceed your goals, you will have success."