



# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***A Simple Phone Call Leads to Accountability and Success***

***VETERAN BRUCE LUKER HAS ENJOYED HIS WEIGHT LOSS JOURNEY WITH THE SUPPORT OF THE MOVE! TEAM AT THE HINES, IL VAMC.***

Bruce looks forward to maintaining his new habits and feeling better about himself!

## ***Determined to Be Healthy***

Bruce was inspired to begin his weight loss journey when he received some surprising test results from his doctor. A determined Bruce realized that many people in his life struggled with the effects of poor health. He decided that he would not be one of them. He had already heard of the MOVE! Weight Management Program for Veterans, so he asked his doctor for a referral to the program. Bruce began MOVE! in March 2020, and while the COVID-19 pandemic presented an unexpected hurdle to his efforts, his determination and willingness to adapt helped him push forward and make lifestyle changes for better health.



## ***Diet Changes – The Easy Part***

With the help of his MOVE! dietitian, Mike, Bruce shares that adjusting his diet was the easy part of his lifestyle changes. Mike's encouragement kept Bruce accountable as he became more engaged with his food choices. He even began growing his own greens for salads.

## ***Exercise Changes – Getting Easier***

Along with diet changes, Bruce also changed his exercise habits. When he began MOVE!, he was barely active at all. Now, however, Bruce uses resistance bands and other home equipment to work out at least four times each week. Bruce notes that the more he exercises, the easier it gets to find the strength and motivation to continue. He is looking forward to warmer weather so that he can enjoy his exercise outdoors.

## ***Better Health – Better Outlook***

Bruce says his weight loss has improved his quality of life. He has gained self-confidence and feels better every day. Bruce has a positive outlook on life and looks forward to continuing his weight loss journey in 2021!

“Give [MOVE!] a try. Even if it doesn't work for you the first time, it's worth it to keep giving it a shot.”

– Bruce Luker

## ***42 Pounds and Counting***

So far with MOVE!, Bruce has lost 42 pounds, but he doesn't plan on stopping there. He maintains a positive attitude about his weight loss and acknowledges the importance of sustained commitment. Above all, Bruce trusts the process. He doesn't get upset with small fluctuations in weight. Now, he is confident that he will continue to find success with his new healthy lifestyle. Bruce is excited about the possibility of making even greater strides with MOVE!