



Success Stories

Healthy Living Matters. Prevention Works.

A Team Approach to Weight Loss

ARKANSAS VETERAN BRYAN STROUP NEEDED BARIATRIC SURGERY TO HELP HIM LOSE WEIGHT. BUT HE HAD TO SHOW WEIGHT-LOSS PROGRESS TO QUALIFY.

After joining MOVE!, Bryan lost more than enough weight to qualify for the bariatric surgery, and later for life-changing knee surgery. Now, thanks to his health care team, family, friends, and faith, Bryan has lost over 100 pounds—and counting!



What motivated you to join MOVE!

"I have struggled with my weight my whole life, but it got worse after I got out of the military. I was gaining more weight. My blood pressure and cholesterol were getting too high. I needed knee surgery, and my BMI had to be [lower] to have the surgery.

"I found out about the [Hot Springs, AR] MOVE! Program from my provider, Ms. Lewis. We agreed bariatric surgery was necessary due to many health reasons, including knee surgery. I joined MOVE! to learn how to eat properly and qualify for bariatric surgery."

How has MOVE! helped you?

Bryan started out at 365 pounds. By June 2015, when he joined MOVE!, he weighed 335 pounds. After losing 75 pounds, he qualified for bariatric surgery. Just 18 months later, Bryan has lost 108 pounds, gone from a pants size of 48 to 32, and reduced his medications—and he’s still losing weight! He has had his knee surgery, too, and is now able to participate in many other activities.

“Life hasn’t been this good in decades! I find myself always planning some event or trip—and actually doing it! I have been visiting all my old buddies across the U.S. and my family who I haven’t seen in 30 years.”

What would you like other Veterans to know about MOVE!?

“It works! Just be patient and honest about food portions on your food diary. It takes a strong-minded person with will power. It is important to have a good support group and know your team members.”

Is MOVE! still part of your life?

“I am happily still an active participant. I also was a guest speaker for the MOVE! classes to show them what a person goes through to qualify for bariatric surgery.

“I have continued support from God, family, and friends, plus the people in the MOVE program. I know eating healthy and exercising will be a part of my life for the rest of my life.”

“ I have lost 108 pounds and am still losing weight. Life hasn’t been this good in decades!”

– Bryan Stroup

