



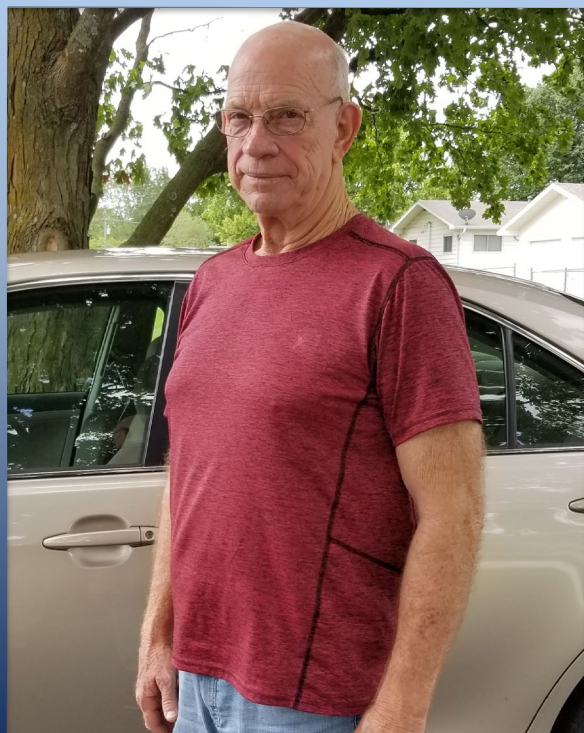
# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Eight-Mile Man*

**VETERAN CARL McLAUGHLIN'S UNHEALTHY EATING CHOICES AND INACTIVE LIFESTYLE WERE DOING DAMAGE TO HIS HEALTH.**

Then Carl joined the VA MOVE! Program in Mount Vernon, MO, and turned his life around. Now over 30 pounds leaner, Carl is eating healthier and walks 8 miles every day!



### *He was ignoring his health.*

Recently, Carl McLaughlin realized it was time to make some changes. "After years of not paying attention to what I was doing to my body, my health was suffering," Carl said. "My weight started getting out of control about 1999 when my employment required travel and eating away from home constantly.

"I had smoked for years, eaten fast food, and neglected to get proper exercise. This led to weight gain to 211 pounds. I had a triple bypass, 12 stents placed in my heart, and a diagnosis of prediabetes.

"I needed more exercise. My health care team doctor suggested MOVE!."

## ***Learning to MOVE!***

Carl started MOVE! at the Gene Taylor Community-Based Outpatient Clinic in Mount Vernon, MO, in August 2017. With MOVE!, he learned how to eat healthier. He also started to become more active.

"The MOVE! Program gave me dietary knowledge in a way I could understand and retain, and encouraged me to exercise," Carl recalls. "MOVE! coordinator Wendy Wolber always encouraged us and explained things in a way that was easy to understand."

## ***The weight comes off.***

Armed with his newfound knowledge, Carl started to shed his excess weight. A year after he started MOVE!, he was still participating—and had lost 33 pounds. "Sixteen percent of my body weight!" Carl noted. He'd also lost 7 inches from his waistline. And he's still motivated for more. "I am still losing weight. My goal is only 3 pounds away," Carl said.

## ***He's a new man.***

It's not just the weight loss that Carl can feel. He also has turned his health around. "My energy has increased. [I'm] much more active, no longer prediabetic, and my LDL has come down," Carl said. "My last checkup with cardiology went so well, the doctor stated I can once again pursue part-time employment," he added.

"The improvements I have made in my health tell me I am doing the right things,"

**“MOVE! turned my life around.”**

— Carl McLaughlin



Carl said. "Walking is part of my life now, and I look forward to it each day." So much so that Carl now walks 8 miles every day!

Carl credits MOVE! with making all the difference in his life. "The MOVE! Program has educated and encouraged me to make the dietary and lifestyle changes that have turned my life around." In short, as Carl himself exclaimed, "IT WORKS!"