



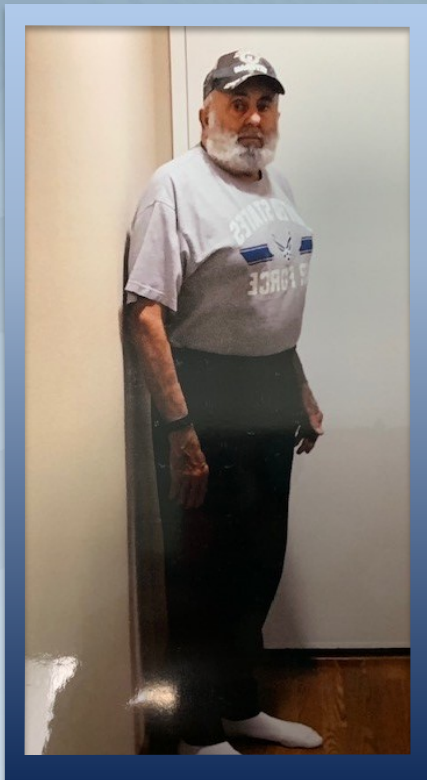
# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Joy and Inspiration*

*A COMMUNITY WITH SIMILAR GOALS IS WHAT VETERAN CHARLES "CHUCK" CANCELLA NEEDED TO HELP HIM DROP POUNDS AND IMPROVE HIS HEALTH.*

When a nurse on his VA Northern California Healthcare System cardiology team informed Chuck about MOVE! he decided to give it a try. Read on to learn about his results!



## *Ten Years of Trying*

Chuck Cancilla thought he could lose weight on his own. As a result, he never tried any formal weight loss programs. He says he tried for ten years and felt he was not having any lasting success. At his annual physical he learned that he had gained 25 pounds since his last visit. With an enlarged heart and in need of a valve replacement and defibrillator or pacemaker, Chuck's cardiologist also recommended that he lose weight. When he learned about the MOVE! Weight Management Program for Veterans, Chuck decided to give it a try.

### *Giving MOVE! a Try*

Chuck participated in his facility's 16-week MOVE! group sessions. He says that he found inspiration in how the program was delivered by MOVE! Coordinator and dietitian, Amy Klotz.

### *Trying With a Team*

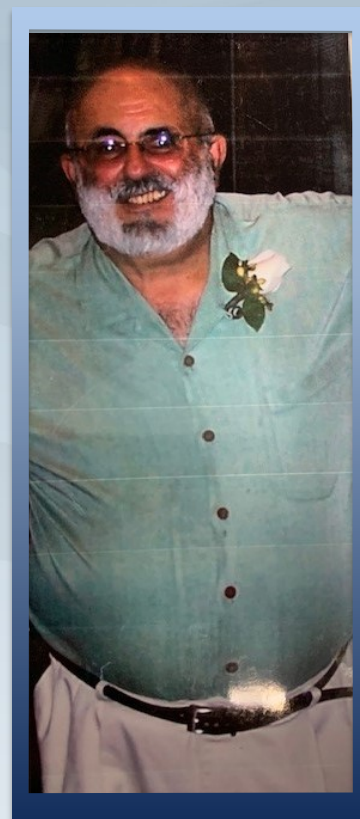
In addition to the inspiration of his MOVE! team, Chuck shared that being part of a group of Veterans who had the same goals as he did was a joy for him and contributed to his success. "If you need to lose weight and think you can't do it, give MOVE! a try. Don't go for a couple of times and quit. Stick with it and you will be happy with the results."

### *Trying and Succeeding*

"I participated in the MOVE! Program for 16 weeks and I am happy to say that I lost 30 pounds and 3 inches around my waist. At my last visit to the cardiologist, he could not believe how much weight I had lost. I just had an angiogram and the doctor said my arteries were the clearest he has seen. I have gone from taking 6 pills a day down to just 3." Since completing the 16-week MOVE! group, Chuck has been participating in MOVE! maintenance classes, and has now lost a total of 41 pounds!

“The way the program is presented by Amy is a great inspiration for me.”

– Chuck Cancilla



“It was also a joy to be part of a community with the same goals.”

– Chuck Cancilla