



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Looking Like A Different Person*

*AFTER A DANGEROUS FALL THAT TORE BOTH QUAD TENDONS, AND A LONG RECOVERY WITH LIMITED ACTIVITY, VETERAN CHARLES 'CHUCK' WERNER'S WEIGHT REACHED MORE THAN 335 POUNDS.*

Inspired by the MOVE! staff at the Sioux Falls, SD, VA Community Living Center and the Watertown Community Based Outpatient Clinic, Chuck lost more than 125 pounds, improving his health, increasing his physical activity, and changing his eating habits.



## *Doing the Right Thing for Health*

For more than 15 years, Chuck tried to manage his weight on his own with exercise and Slim Fast but didn't have much success. Then, after his fall, he gained more weight. Chuck found motivation to improve his health and speed his rehab. He joined MOVE!, following the recommendation of Dr. Sneden and his physical therapist at the Watertown clinic. "Every week, I tried to do what was suggested. I started walking for therapy and with the walking and keeping my food record, I was losing weight every week. Then a funny thing happened. I went to renew my driver's license. I was asked if all the information on my old license was correct. I said 'Yes.' The officer looked at me and said, 'There is no way you weigh 300 pounds!' That made my day! I actually weighed 215 pounds! The compliments from the staff were great and they all wanted to know my secrets, which I shared as the MOVE! Weight Management Program for Veterans."

### *Who Helped You Reach Your Goals?*

“The VA MOVE! group leader, Libby, by being positive every week through the ups and downs and with her encouragement during one-on-one sessions. MOVE! helped by making me accountable at every class. It also helped to have other Veterans I felt comfortable around, to talk to and to share success stories, while learning about different topics and ideas from all of the health professionals. Dr. Sneden, from the Watertown CBOC helped, by acknowledging my weight loss at my CBOC appointments. My family helped by providing healthier food choices for me at family events.”

“MOVE! offers very big and rewarding lifestyle changes. A Veteran who joins MOVE! with an open mind and willingness to try will succeed.”

– Chuck Werner

### *How Is Your Life Different Now?*

“I have a better attitude and a lot more spark and energy to get going. I like to hunt, fish, and snowmobile in the mountains. I no longer have to spend time thinking of ways to take short cuts. Now I just jump into a task and try to think of ways to add more steps.

I have lost 125+ pounds, decreased my pant size from 50 to 38, lost 12 inches from my waist, decreased my shirt size from 5XL to XL and I am no longer on blood pressure medications and no longer pre-diabetic!”

