



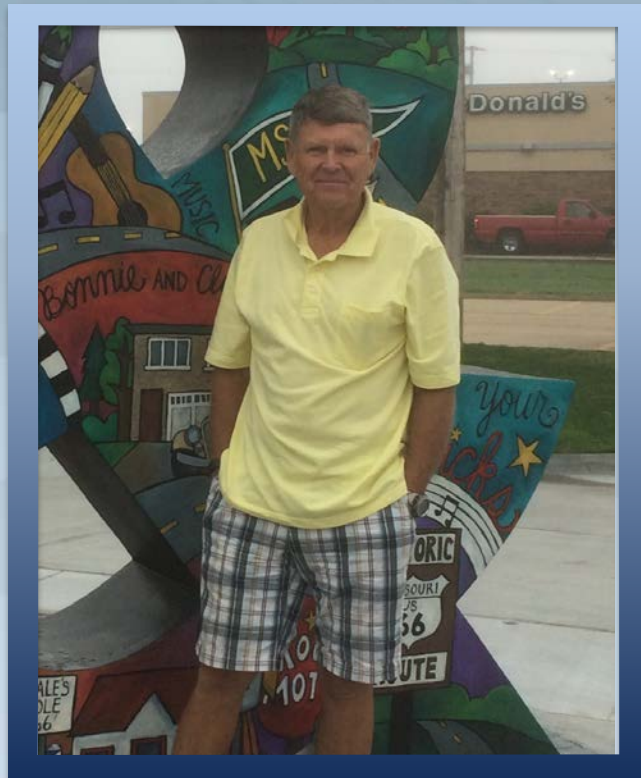
# Success Stories

*Healthy Living Matters. Prevention Works.*

## Nothing a Little “TLC” Couldn’t Fix

**AFTER NOT RECOGNIZING HIMSELF IN A PHOTO DUE TO HIS WEIGHT GAIN, ARMY VETERAN DALE PRUITT GOT BACK IN FIGHTING SHAPE WITH MOVE!**

Dale lost over 50 pounds with the help of MOVE!’s innovative Telephone Lifestyle Coaching program, or TLC. Now he’s back to his active-duty weight!



## An unrecognizable change

After serving in both Vietnam and the first Gulf War, Army Veteran Dale Pruitt knows the value of hard work. During active duty, and even afterward while working as a military consultant, Dale’s training regimen helped him maintain an ideal 175-pound weight. But after retiring, things changed.

Dale felt his energy and activity levels drop post-retirement, but chalked it up to aging. He also began to gain weight, but didn’t notice the gradual change. In fact, he was completely unaware of his weight gain until he saw a photo of a “stranger” with a rather large waistline. “I didn’t even recognize myself at first,” Dale said later.

### ***Finding new determination***

Newly motivated, Dale talked with his health care team about his options during an appointment at the Harry S. Truman Memorial Veteran's Hospital. He accepted a referral to the MOVE! Program. After surviving two wars, Dale was determined not to let preventable health problems shorten his life.

### ***Getting some "TLC"***

After attending the MOVE! orientation class, Dale decided to give MOVE!'s Telephone Lifestyle Coaching program, or TLC, a try. At that time, Dale had reached 229 pounds—his highest weight ever.

"With the structure of the MOVE! TLC program and the encouragement from my TLC coach, I started keeping a food journal and making healthier food choices," Dale said. He cut out soft drinks and sweets, learned about healthier portion sizes, and ate less fast food.

Dale also started exercising again, staying active with outdoor chores in good weather and walking up to 5 miles a day on a treadmill when the weather kept him in. Gradually, the weight started coming off.

Now, just one year after starting MOVE! TLC, Dale is back to his active-duty weight of 175 pounds. "I have my energy and motivation back," he reports.

**“It is up to you to decide you want to be healthier.”**

**– Dale Pruitt**



### ***A true team effort***

Understandably, Dale is proud of his accomplishments. But he is also quick to share the kudos. As he told his MOVE! TLC team, "You do not give your program or yourself enough credit. Without your encouragement, I don't know that I could have done this."