



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Joining MOVE! Was His First Step*

***DAN BONILLAS CONNECTED WITH THE MOVE! TEAM AT SOUTHERN ARIZONA HEALTH CARE SYSTEM AND LOST 50 POUNDS.***

He tried to watch what he ate, but it wasn't until he started with MOVE! that Dan was able to stay on track.



## *From 44 to 38*

Dan says that he'd been overweight for about 10 years and while he tried to watch what he ate, he just wasn't very serious about it. "As time went by I thought about it more," said Dan. "I had to buy a new pair of pants and didn't like how I looked."

He got an email about the MOVE! Weight Management Program for Veterans and thought it would be a good way for him to stay on track and stay accountable. He started MOVE! in January 2019 and it worked. He's gone from a size 44-inch waist pant to a 38!"

### *Different Paths to MOVE!*

MOVE! offers a lot of ways for Veterans to participate in weight management. Dan completed MOVE! group sessions and TeleMOVE, and plans to attend the monthly MOVE! support groups.

"I really like the TeleMOVE! book and the way the program would refer to the handouts. And then, by going to the class too, it was a double-whammy," he said.

### *Sticking To It*

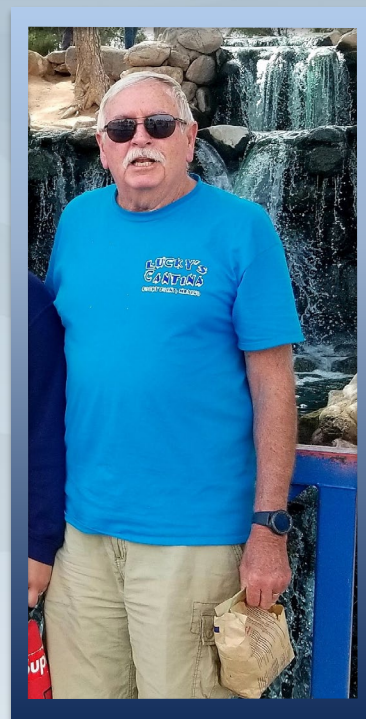
Dan is happy with his weight and now wants to maintain it. He still weighs himself daily, monitors portion sizes, chooses healthier foods and is physically active 5-7 days a week – which includes walking, golfing, yardwork and the Silver Sneakers program. With all of the above Dan tells us, "I have more energy and I feel good. I also feel more self-confident,"

### *His Biggest Supporter*

He isn't doing it alone. Dan says his wife is his biggest contributor. "Now we're making healthy food choices together [and] we're also exercising together." He says that when they go out or to a family function they support each other.

“ Once you break your trend and get in a healthy routine and get used to it, it's just a way of life. It's easy now.”

– Dan Bonillas



### *Jump In With Both Feet*

"I'm a believer that it works, but you've got to work, too," Dan says. He added that you have to be committed to it in a strong way. "Jump in with both feet and psych yourself up to do it. It's hard the first few months, but after that it gets easier. If you join the MOVE! Program you made the first step."