



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *A positive and healthy outlook*

### *DANIELLE O'BRIEN MAKES A CHOICE TO BE HEALTHY*

Danielle gave the Bonham, Texas MOVE! Program another try and has started losing weight. Her MOVE! Team and her family have helped her achieve success this time around.



### *How long have you struggled with your weight?*

Danielle has endured an 18-year struggle with weight. "I have tried every diet: Weight Watchers, Atkins, starvation. Nothing ever worked. I actually was in the MOVE! Program three years ago, but it didn't work for me. I decided to give it a try one more time and it worked!!"

### *Healthy for myself!*

Danielle said that she realized she wanted to be healthy for herself. With a goal to have gastric bypass surgery, she credits her MOVE! Team and her family for her success this time. She adds, "What's changed?? I don't take food out of the equation. If I'm hungry, I listen to my body and eat until I am full."

### *Necessary tools*

When asked what it was about the MOVE! Program that worked for her, Danielle replied, "What worked was Sloane [Churchman, MOVE! Dietitian]...she gave me the tools to look at food as fuel and promoted body positivity." Additionally, Danielle had support from her family. "My kids came with me to the meetings and they now have a healthy outlook as well," she says.

### *How MOVE! has helped so far?*

Danielle has lost 17 pounds so far, which is a 5% loss of her starting weight. At the time she submitted this story, she had maintained this weight loss for one month. She has also added daily physical activity, including 20 minutes on an elliptical machine to gradually build up her endurance.

“ I decided to give [MOVE!] a try one more time and it worked!

– Danielle O'Brien



### *Danielle's advice to others*

"The MOVE! Program is great!!! Get with your dietitian to start the process!"