



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Diagnosing the Problem and Making a Change*

*AS AIR FORCE VETERAN DAVID ASBURY GOT OLDER HE WAS FACED WITH INCREASING HEALTH PROBLEMS AND WEIGHT GAIN.*

David lost more than 40 pounds in the MOVE! Weight Management Program for Veterans at the Omaha, NE, VA Medical Center.



## *Starting to Make a Change*

“My MOVE! Program journey started when I was 60 years old. I was a retiree beginning to have medical issues, eventually resulting in a dramatic increase in my weight. As my weight continued to increase, I began to lose physical shape. This was quite embarrassing for a retired Senior Master Sergeant of the US Air Force. I had always prided myself on physical fitness. Once I finally determined the cause of my weight gain, I was 50 pounds heavier than the previous two years.”

### *Eating Right*

“With the correct medication and meal plan, my weight gain stopped. I was now left with the question of what to do with a 50-inch waist. I looked in the mirror one day and didn’t like what I saw. Pushing 250 pounds, I had developed breathing problems and chest pain. Studying and mapping out a nutrition plan with my dietitian was the first step to living a healthier life. MOVE! taught me how to eat healthy using a meal plan designed for me and keeping a food log.”

### *Getting Active Again*

“Step two was working to maintain this healthier lifestyle. That’s where joining a gym became part of the picture. I joined and adopted a schedule of working out three times a week. As time went by, I kept changing my weight loss plan and when I would reach a plateau, I would seek advice from my dietitian. I am continuing to lose weight.”

### *Receiving Support*

“It was a team effort. I want to thank the MOVE! Program and the staff at the gym. My wife, Sharon, also helped me prepare my meals at home. Without their help, I would never have reached my goals.”

“Join the MOVE!  
Program. It works!”

– David Asbury



### *Doing More*

“I am more active and doing more physical projects without feeling tired. I have reduced my blood pressure medications as well.”