



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.”