



Success Stories

Healthy Living Matters. Prevention Works.

No hassle, no bugging, just support and motivation

DAVID GRUPY GOT JUST WHAT HE NEEDED AT THE DURHAM, NC VAMC TO HELP HIM LOSE WEIGHT AND FIND ENERGY.

In a few short months, Dave went from 220 to 178 pounds, learned how to control portions, and now takes the stairs at work when he can.

From frown to smile, before and after MOVE!

Dave was unable to stick to controlling his portions or exercising on a consistent basis. He said very simply, "I was uncomfortable with my weight and my overall health."

As an employee at the Durham, NC VAMC, the MOVE! program was well known to him. When he finally decided to give it a try, Dave had great success!



In Dave's own words

"My weight had gotten out of control. I was up to 217 lbs. I was skeptical at first about MOVE!, however, I began to see a difference in how I felt after managing how I ate. At 178 lbs. I now can walk longer, use the stairs and overall feel great. I continue to monitor what I eat and try to get in as much exercise as I feel comfortable with and the weight is staying off. MOVE! is a great way to get motivated to be healthy. Thank you Katherine Catolico and the MOVE! team here in Durham!"

“ The program is not a hassle, it is easy to follow and you get all the support you need without anyone bugging you!”

– Dave Grupy

Here's looking at the new you!

