



# Success Stories

*Healthy Living Matters. Prevention Works.*

## Looking Lean on the Green

**FOR AVID SPORTSMAN DAVID McSWEENEY, JUST GETTING AROUND THE GOLF COURSE HAD BECOME DIFFICULT.**

With his health and quality of life declining, David decided to give MOVE! a shot. A few healthy lifestyle changes later, David has lost 41 pounds and feels ready to walk 18 holes!



### **Getting motivated to MOVE!**

Former Marine sergeant David McSweeney has struggled with his weight for years. Even after losing some 55 pounds during basic training, he gradually gained it all back—and more.

In recent years, David’s concern shifted to more than just his weight: His health had suffered as well. After a diabetes diagnosis and having two arterial stents inserted, David knew he had to make a change.

When the nurse at David’s Plymouth, MA, community clinic told him about MOVE!, he was anxious to join. “When there was an opening, I jumped in,” David recalls.

### ***A shared experience.***

David joined MOVE! in April 2017. Soon he realized he wasn't alone in his struggles. Something as simple as "hearing other people with the same problem, and seeing how they handled it," made a real difference, David noted. "Learning mindful eating" was also a key, he added.

### ***Making the needed changes.***

With the guidance of his MOVE! team, David made changes to his eating and exercise habits, and started seeing results. "I stopped drinking beer and soda, stopped eating French fries and ice cream, and made a point to walk three times a week," David said. "Slowly, my energy came back. As time went on, I was able to stay more active: split wood, take barrels down the driveway to the curb. I felt better and was able to do more."

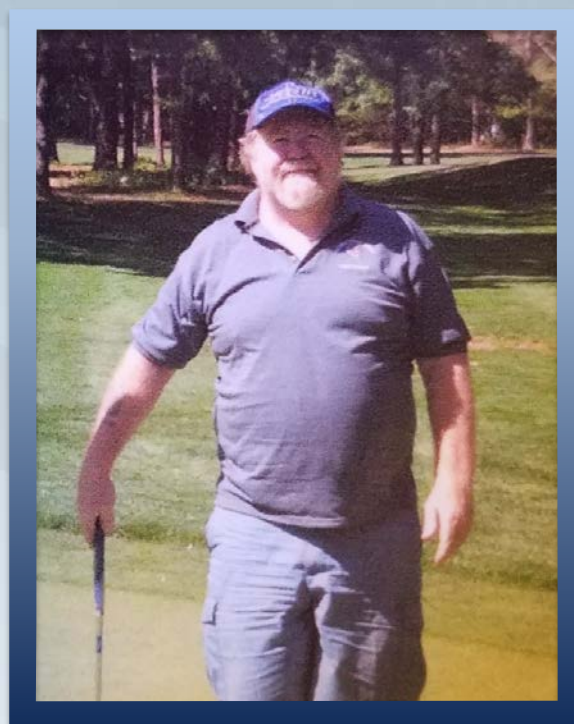
### ***MOVE!-ing toward a better life.***

David attended 16 weeks of MOVE! sessions, then followed up with monthly meetings. All the while, he stayed with his plan, and the weight continued to come off. David lost 41 pounds overall, and he has maintained his weight loss for a full month. What's more, his A1c levels have dropped by 25 percent.

David credits his success to the Plymouth VA staff, his MOVE! team and fellow MOVE! Veterans, and one more very important team member. "My wife makes sure I eat right," David said, "and she does the shopping."

**“MOVE! is not a diet, it is a way of life.”**

**– David McSweeney**



David is committed to his new lifestyle. "I do not want to be overweight again," he said. "My life is better after MOVE! More things are within my reach."

And what are his latest goals? "Do more walking, hunting... and play golf!"