



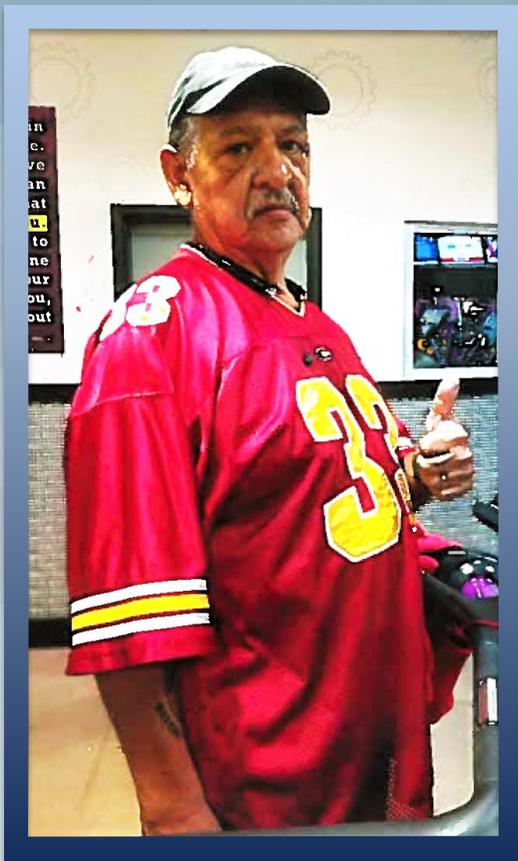
Success Stories

Healthy Living Matters. Prevention Works.

No Easy Way

VETERAN DAVID ROMERO STRUGGLED WITH HIS WEIGHT FOR HIS WHOLE LIFE TRYING MANY DIFFERENT DIETS THAT JUST DID NOT WORK.

With the support of the MOVE! Program at the Veterans Health Care System of the Ozarks in Fayetteville, AR, David was able to find the motivation he needed to lose weight and improve his health.



Making The Decision

Managing his weight was always a struggle for David. "There is no easy way to lose weight. But if you don't start you can't finish. It is a struggle but the rewards are well worth it. Life is so much easier without the extra weight." David reports that he had to watch and count his calorie intake carefully. "No diet will work if you don't know how and what to eat. It is life changing once you decide to improve."

Getting To MOVE!...Again

When David went to see his primary care team they discussed options for weight management. David had previously been to MOVE! but wasn't ready to commit to working on his weight at that time. But later, he made up his mind to improve his health and decided to participate in MOVE! Group and Individual sessions. David's decision to try MOVE! again resulted in many benefits.

A New Approach

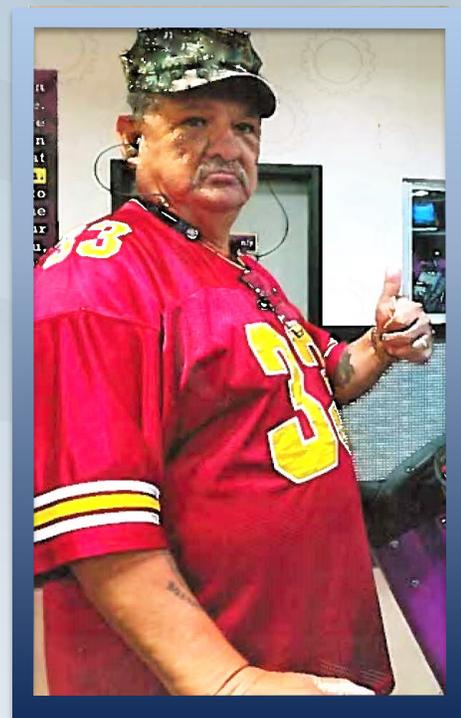
Armed with tools and resources, and access to a gym, David started making changes to his behavior that would add up to improved health and positive results. "I go to the gym and stay active around the house. My eating habits are better and my stomach has shrunk so I don't eat as much."

Positive Results Achieved

When he shared this story, David had maintained an almost 50-pound weight loss for more than 4 months. He had decreased five pant sizes, was taken off blood pressure medication, and no longer needed a CPAP machine for breathing at night. He credits his wife for her support saying, "Every time I found a reason to stay out of the gym, my wife found a better reason for me to go to the gym."

“ The MOVE! Program works if you work it and listen to what is said. It really works!”

– David Romero



Message To Fellow Veterans

“MOVE! is a good program. If you are ready to lose the weight, they can help you!”