



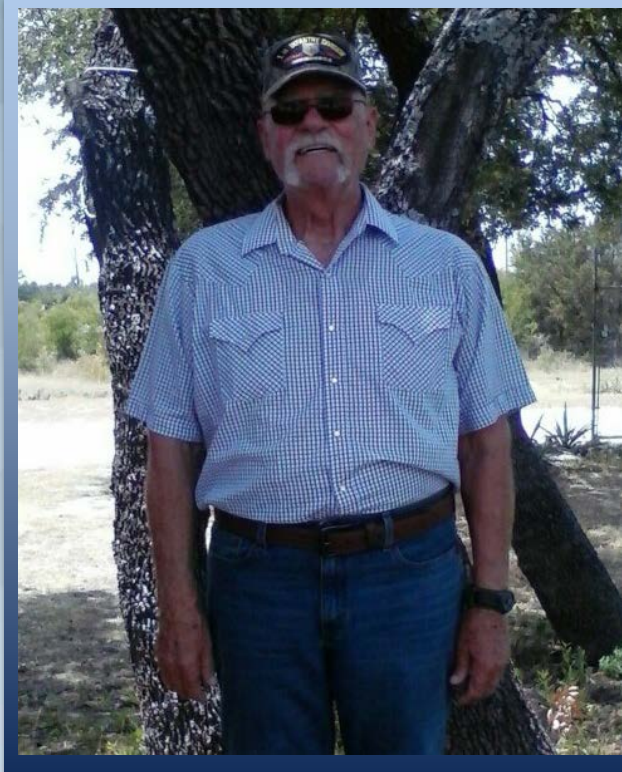
Success Stories

Healthy Living Matters. Prevention Works.

"Veggie Man" Becomes a "Thin Man"

ARMY VETERAN AND AVID GARDENER DAVID WILSON USED TO SELL THE VEGETABLES HE GREW RATHER THAN EAT THEM. THEN HE JOINED THE MOVE! PROGRAM.

In MOVE!, David learned the benefits of healthy eating and physical activity, and the man fondly known as "Veggie Man" lost over 100 pounds! Now, instead of selling them, David *eats* all his veggies!



Worth a thousand words.

Throughout his life, Army Veteran David Wilson had been fit, living an active lifestyle. David left the military at 175 pounds, and between working in construction and enjoying free time hunting and fishing, he managed to keep the weight off.

In recent years, though, as David became less active, the pounds started to slowly add on. In fact, David didn't realize how much he had gained until he saw a photo of himself at his highest weight—316 pounds.

After that realization, David talked to his VA physician, who recommended MOVE! "I have been to the VA many times and seen advertising for MOVE!, but I didn't know what the program was about," David said.

Living a healthy lifestyle.

After enrolling in the VA Fort Worth Outpatient Clinic's MOVE! group classes in early 2017, David soon realized that the key to weight loss was not "dieting." Instead, it was maintaining a healthy lifestyle to not only lose the weight, but keep it off.

A key for David was the accountability and consistent feedback that MOVE! gives to Veterans. He also learned to use mental pictures to guide calorie and portion control. As David noted, "I still have the deck of cards pictured in my head when I portion out how much meat to eat!"

David earns weight-loss success.

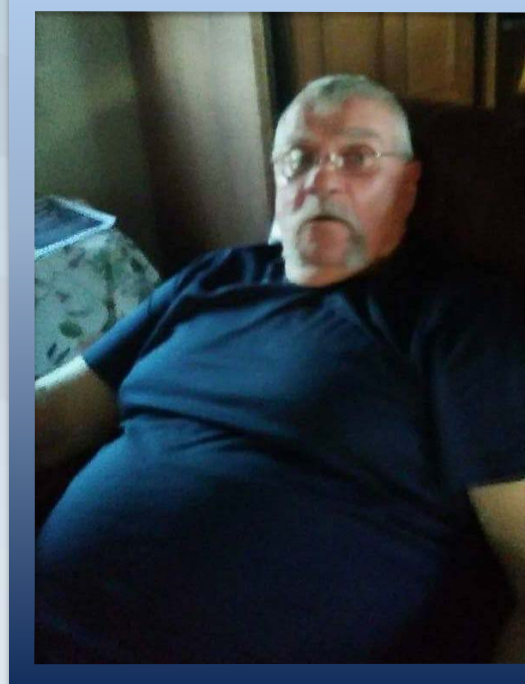
By the time he completed his 16-week MOVE! session—with perfect attendance, we might add—David had dropped over 60 pounds. But he didn't stop there! Using the home-based TeleMOVE! Program for support, David's success continued. He's now lost 104 pounds and 18 inches off his waist, and has maintained his weight at 212 pounds for five months! Not only that, David no longer needs a cane or knee braces to walk. "Prior to losing weight, I thought my knee pain was because of my age, not my weight," he said.

A terrific support system.

David credits his MOVE! team for his success, as well as his "better half," wife Jan, who helped David make good choices and stay with his lifestyle changes.

“The name of the program is 'MOVE!' and that's exactly what you need to do. Just keep moving toward your health goals!”

– David Wilson



Thanks in large part to this support system, David continues to eat wisely and maintain his newly active lifestyle. He enjoys water aerobics and swimming, working out in his garage, and walking. And, of course, the "Veggie Man" still spends plenty of time in his garden. Now, though, he's harvesting for himself!