

Off the Roller Coaster:

MOVE![®] HELPS RICHARD DAVIDSON
CHANGE HIS LIFESTYLE AND LOSE 42 POUNDS

Veteran Richard Davidson admits that over the years, he had become complacent about his eating habits. “My wife and I had both gotten overweight,” he says. “And along the way, I’ve tried many times to ‘diet’ my way to less weight, only to give up and have my weight go back up.”

But when he and his wife began attending the MOVE![®] program, they were finally able to get off what Richard calls the “weight roller coaster.” Working with dietitian Kathleen Kappel at the Brooksville (FL) VA Outpatient Clinic (James A. Haley VA Hospital) has helped them both become more conscious of what and how they eat, and how they live.

“We’re improving our lifestyle, not just dieting,” he explains. “That’s made it easier for us to make the big changes, like eating healthier and exercising daily.” Richard also believes that the “competition and camaraderie” of Brooksville’s MOVE![®] classes—and his wife’s shopping and cooking—have been crucial to his motivation and success.

After just two MOVE![®] classes, Richard’s lost 42 pounds, gone from a 40- to 36-inch waist, and reduced his shirt size from an X-Large to Large. But the benefits have gone beyond just weight loss and smaller clothes. “I’m off my blood pressure medications now,” he reports, “my ‘good’ cholesterol has gone up, and my total cholesterol level has gone down by 50 points!”

Richard says that he’s working towards an ultimate goal of losing an additional 10 pounds and feeling confident about the future. “With my wife’s support, and Kathleen’s help and guidance, I know that I will succeed.”

