



# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Shedding Pounds by the Hundreds***

***DENNIS BOWERSOCK LOST A WHOPPING 194 POUNDS WITH THE HELP OF HIS MUSKOGEE, OKLAHOMA, MOVE! TEAM.***

After reaching a maximum weight of 400 pounds, MOVE! group sessions helped him reduce his weight to 206 pounds and take 26 inches off his waistline.

### ***Heavy Most of my Life***

Dennis recalls weighing as much as 100 pounds as a first grader. By the time he got to high school, he had gained another 120 pounds, topping out at 220 pounds. When he decided to join the Marine Corps, he was able to lose 85 pounds, but the weight crept back up steadily over the years.



## Choosing MOVE!

In September 2017, Dennis was at a weight of 400 pounds and unable to fit into an MRI machine. After finding out about the MOVE! Weight Management Program from his cardiology team at the Muskogee, Oklahoma VA Healthcare System, Dennis started attending MOVE! group sessions.

## Helpful Reminders

When asked what it was about participating in MOVE! that worked for him, Dennis replied, "It was a reminder of the best foods to eat. [MOVE! provides] great motivation with lots of nutritional information." He specifically called out his MOVE! team member Melinda Smiley for her support and guidance helping him stay on track.

## From Heavy to Healthy

In addition to losing an impressive 194 pounds, Dennis also increased his physical activity and logs 8 miles daily on a stationary bike. When he started MOVE! his waist measured 60 inches. Currently, it measures just 34 inches, a 26 inch decrease! He has also been able to reduce his medications for high blood pressure.

**“MOVE! was great motivation and a reminder of the best foods to eat.”**

**– Dennis Bowersock**

