



# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***"The weight sure came off"***

***DON HERBEL STRUGGLED WITH HIS WEIGHT FOR YEARS, AND WAS NOT SURE IF MOVE! WOULD WORK FOR HIM, BUT HE CHOSE TO TRY IT ANYWAY.***

Don says "I feel you must be mentally ready and willing to commit to the MOVE! program. If you are, you will succeed and lose weight." And that is exactly what Don did thanks to the support and guidance of his Green Bay, WI MOVE! team

***"I would highly recommend the VA MOVE! Program."***

***– Don Herbel***

## ***What motivated you to choose MOVE!?***

Don Herbel had struggled with his weight for years. He had tried to lose weight on his own and knew he needed help, but was not aware of MOVE! He says his motivation was not being able to bend over to tie his shoes very easily and seeing his waistline getting bigger. Once he found out about MOVE! from his dietitian, Kelsey Francois, at the Green Bay VA Medical Center, he decided to give it a try.

## What about the MOVE! program worked for you?

Don participated in MOVE! group sessions for more than a year. He shares that the group facilitators were very effective at motivating the Veterans. The information was very clear and simple. He says, "For me the Calorie Counter Book was a very, very great help – keeping track daily of what you eat, *you bite it, you write it* in the journal...hard at first but not anymore. I still write it down daily! One thing that was stressed is that if you do slip up and go over your calorie limit once in a while don't beat yourself up about it, just realize it and get back to your program."

**“If you really want to lose weight, do it safely, and enjoy other Vets with the same goal...you WILL lose weight!”**

– Don Herbel

## MOVE! by the numbers

Weight lost = 40 lbs

Waistline Inches lost = 2

Physical activity increased to 6 days/week

## How did you reach your goals?

When asked about how he was able to reach his goals, Don points out how "being accountable to the *group* and *group leaders*" was particularly helpful. He continues, "We were given *choices* to make *ourselves* in understandable terms." Don credits the MOVE! team mostly, but noted that his stubbornness to lose weight helped a lot. He says, "In this program your *mental attitude* plays a huge role, I think!"

## Positive changes through MOVE!

Don can now easily tie his shoes without his "spare tire" pushing back at him. His daily life is more active and he does not have thoughts of snacking or eating. He works out 6 days a week with one "R & R" day and he has more energy to get out and be active. Don enjoys a variety of activities including: strength training with weights, core strengthening with sit ups, cardio using a stationery bike and treadmill walking. He says he is looking forward to the warmer weather so he can get back to biking outdoors 16-18 miles 3 days per week.