



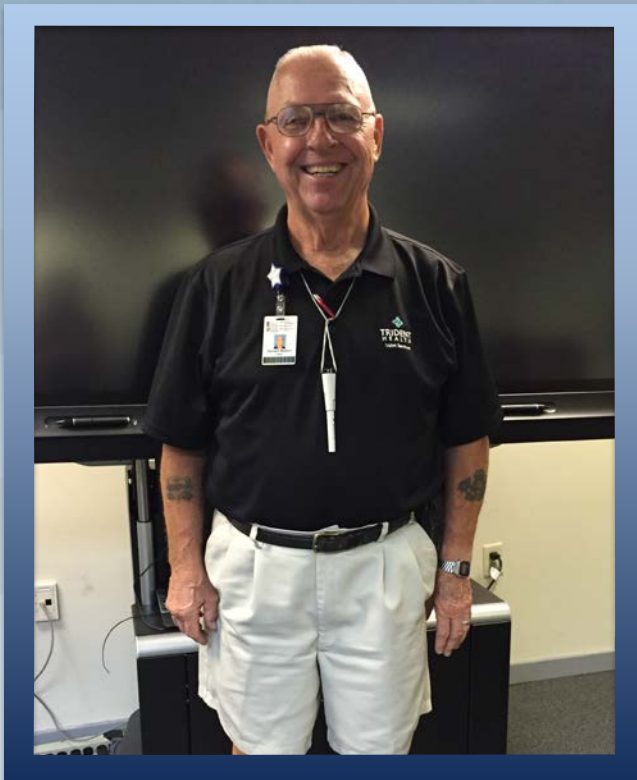
# Success Stories

*Healthy Living Matters. Prevention Works.*

## Positive Person, Positive Outcome

**VETERAN DONALD WALTON CELEBRATED HIS 80<sup>TH</sup> BIRTHDAY LAST YEAR 55 POUNDS LIGHTER AND MORE FIT AFTER JOINING MOVE!**

Now a MOVE! alumnus, Donald first told his weight-loss story just over a year ago. We recently checked back for an update, and found he's still at it—even after knee surgery!



### Donald gets started with MOVE!

"I had been struggling with my weight for approximately 5 years. I was diagnosed with pre-diabetes and had high blood pressure. My doctor encouraged me to lose weight, but I didn't know how.

"I work as a valet at a hospital close to the Trident CBOC (in Charleston, SC) and saw the dietitian a couple of times a day. One day I stopped her and asked if the VA had a weight management program. She said, 'Yes!' And gave me all the information to get started."

In March 2015, Donald joined MOVE! After 6 months of weekly sessions, he had lost 55 pounds! How did he do it? Let's find out....

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

“Online food journaling and the weekly weigh-ins. Encouragement and motivation from the group and the instructor. I was really scared to get on the scale the first several weeks. But after seeing a change, I couldn’t wait to get back in class to show everyone how good I was doing.”

### **Who helped you reach your goals?**

“The whole 8 am class, our dietitian Wendy, and the rest of the Trident staff that I saw on a regular basis. I appreciated that Wendy did not belittle us when we did not lose or even gained some each week, but was still very encouraging and pointing out the big picture and the overall trend down on a weekly basis.”

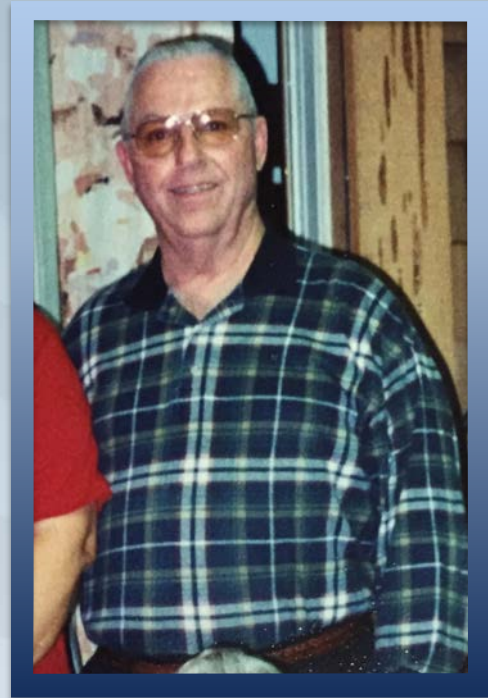
“My wife was also very supportive and has even started losing weight.”

### **What have you accomplished through MOVE!?**

“All of my vitals are good. My only medications are fish oil and for reflux. I had surgery on my right knee (summer 2016) and am dedicated to watching my intake. Otherwise, I do yard work, ride my bike 3-5 miles most days, and I joined a gym. I will be 80 this year, and everything I do is much easier than it was a year ago.”

“ I couldn’t wait to get back in MOVE! class!”

– Donald Walton



### **November 2017 Update**

Wendy Wyatt, Donald’s MOVE! dietitian, reached out to him for this update. “He is still doing well,” she reports. “After knee surgery, once he was mobile again, he was back at it, and his weight is back down. His wife has been trying to lose weight as well, and she is now down 29 pounds.”

“I was happy to touch base with him. He is such a positive person.”