



# Success Stories

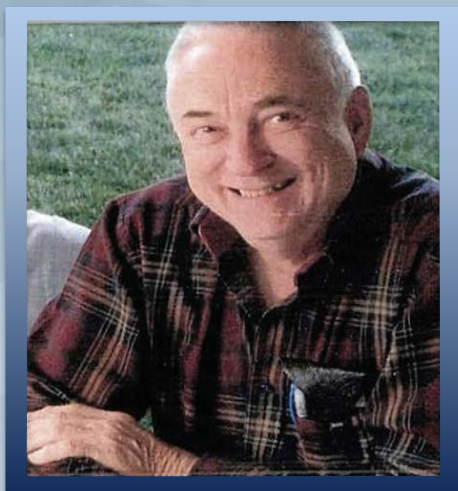
*Healthy Living Matters. Prevention Works.*

## Mindfulness Matters

**BEING MINDFUL AND PASSIONATELY DETERMINED HELPED VETERAN ED VANCE LOSE 25+ POUNDS, IMPROVE HIS BLOOD SUGAR, AND DECREASE HIS BMI AND WAIST SIZE.**

After exceeding the 210 pound mark, Ed decided to take weight loss seriously by attending MOVE! Group Sessions at the Dayton, Ohio VAMC and being mindful of what he ate and drank.

### VA poster child - the biggest "loser"



"I started the MOVE! Program in February 2018. In March I wrote the following note and taped it to the front of my workbook- 'By the end of this 16-week MOVE! Program I want to have been so successful that I am the VA's new poster child for the MOVE! Program'. To my knowledge, I was the biggest loser in my class of 12 Veterans. My success continues to encourage me every day. I now weigh and record my weight daily. When my weight goes down I enter the weight in green ink, when I've been careless and my weight has gone up, I enter that in bright red and I track this on my daily food log."

**“ I have become mindful of everything I consume. Being mindful and passionately determined has helped me to know that successful weight loss can absolutely be a possibility. If I can make MOVE! work for me, you can do the same thing.”**

**– Ed Vance**

### ***Inspired by others***

The exceptional support and positive attitudes of Ed’s wife, Dr. Villanueva, Heidi Schumaker, and Joyce Petite helped Ed begin to take weight loss seriously.

With MOVE! and his support system, maintaining weight loss has been a lasting success. Ed says “I’m guilty of not having any specific physical activity goals except to move more as my daily activities allow.” He has learned that it is even more important for him to be mindful of what, how much and when he eats and drinks in order to continue to sustain success. Congratulations to Veteran Vance, he’s earned “poster child” status!