



# Success Stories

*Healthy Living Matters. Prevention Works.*

## Tracking His Way To Success

*MARINE VETERAN ERIC PEASLEE TURNED TO HIS COLLEGE STATION, TX, CBOC MOVE! TEAM WHEN HIS WEIGHT REACHED MORE THAN 380 POUNDS.*

Motivated to make some serious changes, Eric shed over 180 pounds, trimmed 16+ inches off his waistline, and learned new skills to maintain a new lifestyle.



## Taking Action

"I have known that I needed to get my weight under control. Excessive body weight runs in the family and it's been a lifelong challenge." Eric shared that when he was on active duty he tried to lose weight, but without the accountability of tracking his food and beverage intake, he would eventually revert back to his old habits. With MOVE!, he began recording and tracking his intake. "It didn't take long to realize the value of keeping a written log of my food consumption. Once I got through the first week and showed weight loss, I knew that I could stick with this. The written diary keeps me on track. I keep it with me the majority of the time. No doubt in my mind the best way to control diet." During the process of making lifestyle changes, Eric became more involved in meal preparation (and cleaning up! and his wife even lost weight, too.

## Program Support

Over the years, Eric had not tried any other structured weight management programs. He said, "I was probably like others and tried dealing with this on my own. The VA MOVE! class gave me a place to be held accountable. Throughout my life if I decided to get involved in a program, I was going to make an honest effort to put my best effort into that particular cause." In addition to meeting his dietary goals, Eric also met his physical activity goals and now swims 3-5 days per week and enjoys golfing as much as possible.

“ Participating in the MOVE! Program was something that I needed and it works. I feel safe saying, had I not followed through with participating, I would still be who I was physically. I am in a better place in many ways.”

– Eric Peaslee

## MOVE! Can Help You, Too!

"The MOVE! Program provides good information that can assist anyone to meet weight goals. My food diary was one of several MOVE! resources provided. Each monthly meeting gives new helpful information. I plan to stick with this and I hope that I can help others get to the point where I am now. I really do enjoy seeing others be successful at weight loss."

Congratulations Eric, the MOVE! team couldn't agree with you more!

