



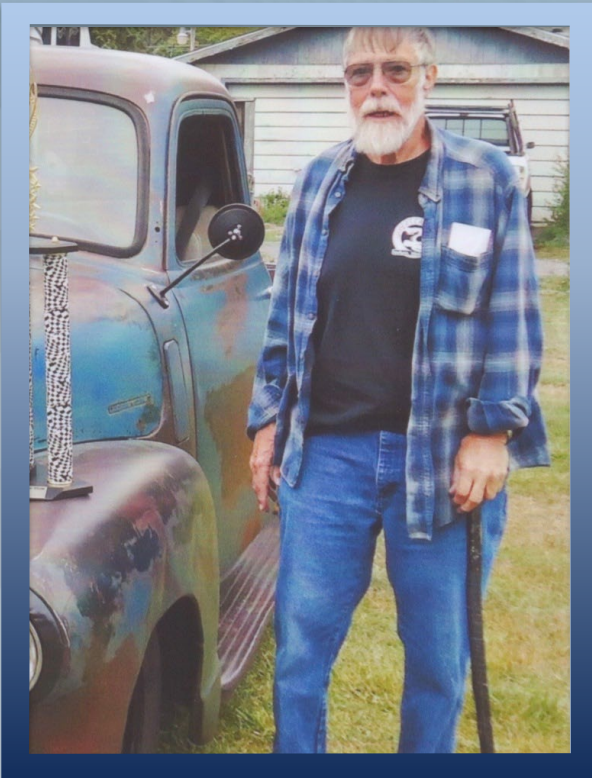
# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Running Like a Well-Oiled Machine*

*WHEN HIS WEIGHT PEAKED AT 280 POUNDS, VETERAN AND CAR AFFICIONADO FRANCIS ENTRUP KNEW HE NEEDED A PERSONAL TUNE-UP.*

Francis' doctor suggested the Spokane, WA, VA Medical Center's MOVE! Program. Francis joined MOVE!—and lost 120 pounds. Now he's firing on all cylinders!



### *When did you know it was time to make some lifestyle changes?*

"I had been struggling with my weight for the past 30 years, and I was progressively gaining weight as time went on.

"During my annual exam four years ago, I stepped on the scale and a weight of 280 pounds flashed before my eyes. This is where everything changed. I knew I needed to make some life-changing modifications.

"I asked my doctor if there was anything I could do. He recommended the VA MOVE! Program."

### *What did you learn through MOVE!?*

"I scheduled and participated in MOVE! classes as well as individual MOVE! appointments with a dietitian. I learned what foods I should and shouldn't eat, as well as how to measure a serving appropriately."

### *Did you reach your goal?*

"I have lost over 120 pounds, and kept it off now for almost two years. I have about 10 more pounds to go to reach my weight-loss goal. With the help of the MOVE! Program and guidance from the dietitians, my goal is within reach."

### *How have the lifestyle changes you made helped you?*

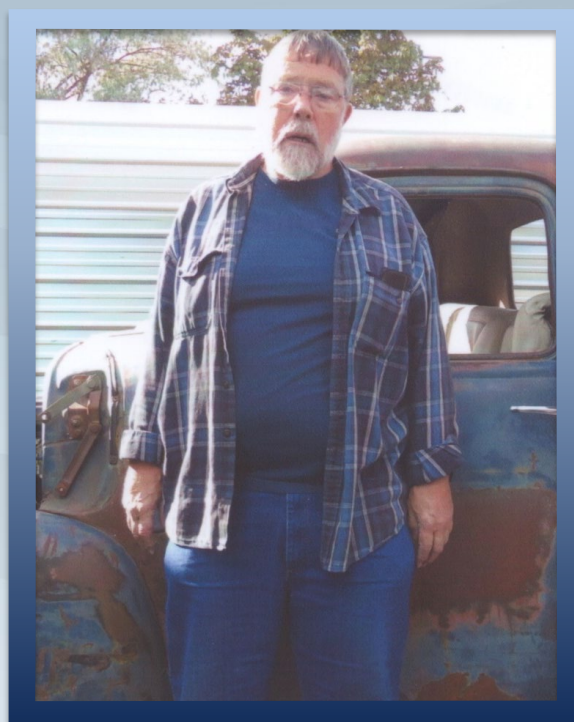
"I have maintained my commitment to staying healthy by not snacking between meals and by tracking the calories I consume."

"I know and understand the importance of being active, as I have a spinal cord injury and do not want to ever be hospitalized again. I ride my stationary bike for 30 minutes, walk a half-mile a day in the winter, and, as the weather improves, enjoy riding my trike about 24 miles a day. By riding my bike longer, I've managed to lower my blood pressure, along with everything else."

"Because of the changes I've made in my life, with both modifying the way I eat as well as being more active, I can participate socially in my car club and shows."

**“The MOVE! Program works!”**

– Francis Entrup



### *Do you have a message for other Veterans?*

"I would recommend the MOVE! Program to any Veteran wanting the benefits of increasing their energy as well as lowering their risk factors."

"The program works!"