



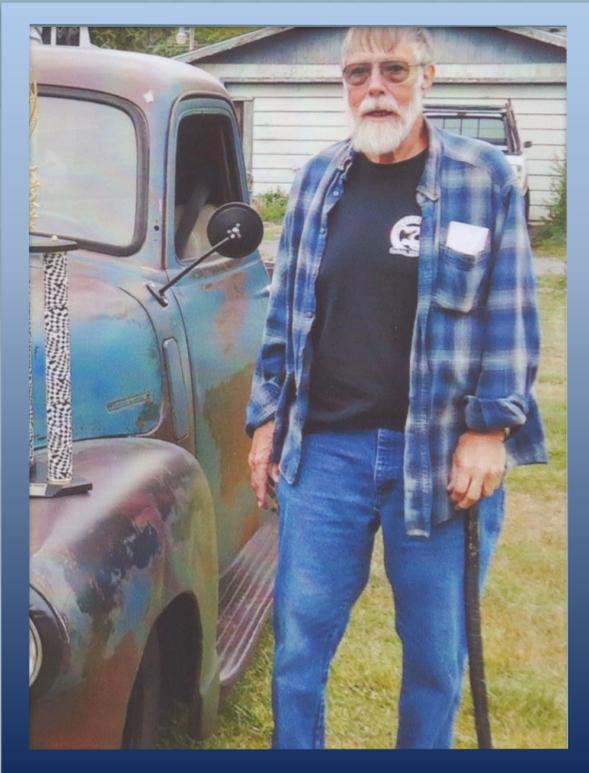
Success Stories

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?

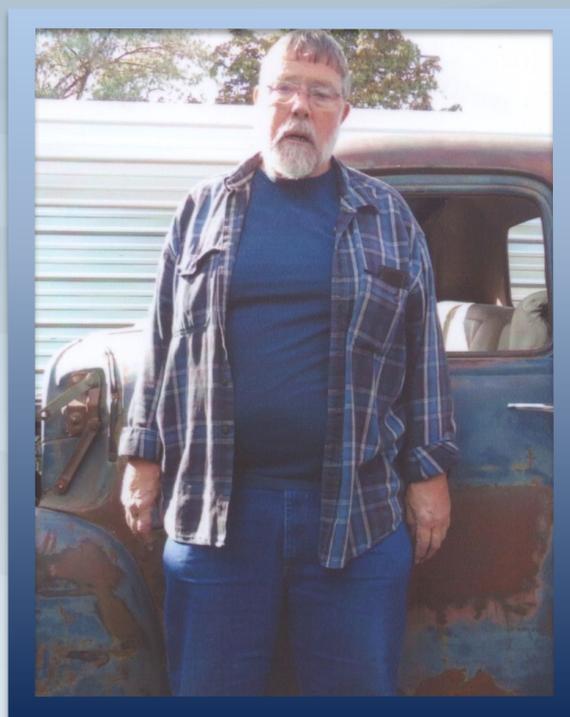
"I have maintained my commitment to staying healthy by not snacking between meals and by tracking the calories I consume."

"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!"