



# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Motivated and Committed to Change***

***VETERAN GARY MURAWSKI MADE THE CHOICE TO MAKE A CHANGE THAT WOULD LAST A LIFETIME!***

Gary used the support and expertise of the MOVE! team and other Veterans at the Orlando VA Medical Center in Orlando, Florida, to lose weight and change his life.



## ***Choosing to Change***

Gary was unhappy with his weight. He was determined to change for the better, and knew that part of maintaining a healthy weight was to practice healthy eating habits. When Gary's VA provider told him that the MOVE! Weight Management Program for Veterans could help him build a healthier lifestyle with both eating and physical activity changes, he was immediately interested.

## ***Reasons to MOVE!***

Upon starting MOVE! and beginning to attend group sessions, Gary was inspired to stay focused in several ways. He explains that “The incentive to track his progress...the wealth of valuable information...the caring attitudes of [his] instructors,” and the supplemental materials provided by MOVE! all helped to keep him on track.

## ***The Foundation of Change***

Gary knew that in order to better his lifestyle, he would need to adjust the types and portions of food and drinks he consumed. He complemented his new eating habits by also increasing his physical activity. Though he credits the majority of his success to more mindful and disciplined eating habits, MOVE!’s emphasis on making small, simple changes to both eating and physical activity combined to create achievable goals.

## ***Multiple Successes***

Gary has lost roughly 20 pounds since starting MOVE! and plans on continuing to work toward even more weight loss. He shares that he hasn’t yet reached his goal but that his decision to change is a lifetime commitment.

“Invest 4 months into MOVE!...it will result in a lifetime of multiple successes.”

– Gary Murawski



## ***Added Benefits***

Gary has encountered some difficulty in adjusting his physical activity habits due to pain, but as he continues to work toward better health with his new lifestyle he recognizes that “everyday activities are easier now” and his pain has decreased and become more tolerable.