



Success Stories

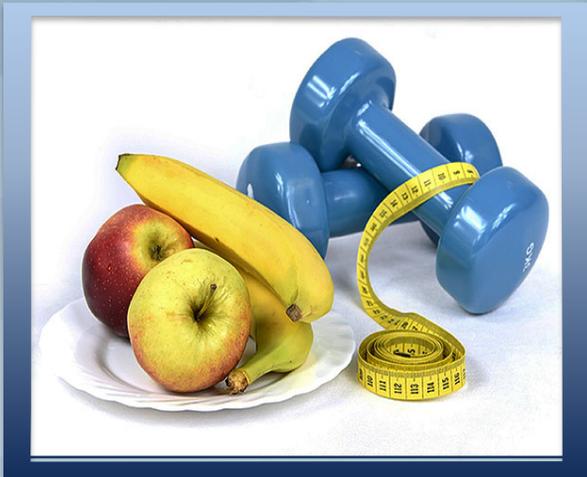
Healthy Living Matters. Prevention Works.

He Learned He Had To Go All In!

THE POSSIBILITY OF INCREASED LONGEVITY AND A BETTER QUALITY OF LIFE INSPIRED VETERAN GEOFFREY WARREN TO TURN TO MOVE!

Geoffrey got the direction and support he needed to start losing weight from the MOVE! team at the G.V. Sonny Montgomery VAMC in Jackson, MS.

The mirror didn't lie



"I grew up on a farm in the Mississippi Delta with four brothers and three sisters. As you can probably imagine, physical activity was a foregone conclusion. [We] all had to help on the farm. Funny thing, I didn't have a weight or physical fitness problem back then. But Momma had a motto, 'don't be late and eat all the food on your plate.' I think that is where my weight management problems began."

Then at age 18, Geoffrey joined the Air Force. "The guard rails were off...I could eat what I wanted and eat as much as I wanted." But Geoffrey gradually started gaining weight. Eventually, he realized he could not burn off all the extra calories he was consuming.

"One day I looked in the mirror and didn't like what I saw. I was morbidly obese and terribly out of shape." His VA primary care nurse told him about the MOVE! Weight Management Program for Veterans and he signed up.

Breaking through

"I struggled at first, because I was under the assumption that if I could estimate my calorie intake I would only need to sporadically work out. I failed to lose weight consistently." For a time, Geoffrey's weight fluctuated between 310 and 330 pounds. But what he learned in MOVE! about the "Psychology of Eating" helped him break through. According to Geoffrey, it became clear to him what he needed to do. "I needed to take in less calories than I burned each day."

Going to healthy food

Geoffrey also learned that healthy foods could taste good if properly prepared. He says he tries hard to adhere to 2,000 calories a day. "I made the decision to 'Eat to live', not 'live to eat.'"

Staying on track

Geoffrey lost 55 pounds and has been able to maintain a 50-pound weight loss. He continues to participate in MOVE! group sessions both in person by teleconference. He says he has more stamina, endurance and flexibility and the decrease in weight has meant less impact on his knees and ankles. His physical activity goals include daily aerobic activities and strength training four days a week. "My success at weight loss has increased my self-esteem and helped me with my clinical depression."

“ The MOVE! team members were instrumental in helping me meet my goals. They NEVER give up on you!”

– Geoffrey Warren



Moving for better health

Geoffrey says he makes himself move even if it seems difficult, because he he knows it will lead to better health. "I remember to keep moving by thinking about my condition in the past. Money, fame, and notoriety mean very little without your physical health and self-esteem. The MOVE! program will help you achieve both! Let me give a shout out to Denise and Emily, the MOVE! program team members, and my fellow classmates, without whom my success would not have been possible."