

## Accountable:

### MOVE!<sup>®</sup> HELPS VETERAN HENRY CHARLES GAIN THE CONFIDENCE TO LOSE 74 POUNDS

After 10 years of dieting, Veteran Henry Charles was ready for a change. “I’d struggled with my weight since 2001, and tried all the protein, carbohydrate, and diet shakes you can think of—without success,” he explains. “Then I went to the Alexandria (Louisiana) VA HCS and met Dr. Chanda White and dietitian Candace Dodge.” White told Henry about the facility’s MOVE!<sup>®</sup> Program and Dodge, the MOVE!<sup>®</sup> Coordinator, helped him get started. And it didn’t take long for Henry to start seeing himself and things differently. “Fourteen months later, I’d lost 74 pounds,” he recounts, “and I finally liked what I was seeing in the mirror!”



*“MOVE!<sup>®</sup> holds me accountable for my actions, which helps me to control my weight.”*

#### Accountable

MOVE!<sup>®</sup> provided Henry with the education and inspiration that he needed to change the way he lived. “It taught me to eat healthier—more vegetables and fruit, less sweet and fatty foods—and inspired me to exercise,” he says. As importantly, MOVE!<sup>®</sup> held him accountable for his actions, which really motivated him to control his weight.

#### Props

Henry gives a lot of credit to MOVE!<sup>®</sup> staff for helping him reach his goals. “Candace encouraged and motivated me, and she gave me great tips and suggestions during my individual MOVE!<sup>®</sup> appointments,” he says. “Dr. Malcolm Young also helped me put a

weight loss plan into action and set a weight goal.” And the many supportive comments from friends and family gave him the confidence to achieve that goal.

### Refreshed

“When I started MOVE!® in April 2011, I weighed 264 pounds,” Henry reports. “By February 2011, I’d already dropped 10 pounds.” In June 2012, he had met and surpassed his initial weight goal of 200 pounds. “I’m still in the process of losing more weight, but I’ve maintained my weight loss for 3 months and I’m really proud of that,” he says. “Right now I’m working towards a new weight loss goal of 182 pounds!”

Henry says that losing weight has provided him a variety of health benefits. His diabetes is under control, his blood pressure is more normal, and he feels refreshed in the morning. “I feel better, think more clearly, and have less stress,” he reports. “And I’m having much more fun than I did before—I’m getting out, going to the movies, meeting friends, and laughing a lot.”

### No More “Big Boy”

A new fitness regimen also is contributing to Henry’s new-found health. “I stay active by walking and doing some strength training,” he says. “I do a 1-4-mile walk, 3-5 times per week, as well as my push-ups and sit-ups.” Remembering the discomfort he felt when he was heavier is a big motivator for him, too. “I don’t want to be picked on for my weight and be told ‘big boy’ jokes ever again,” Henry explains.



*“I feel better, I think more clearly, I have less stress, and I have fun now! ...Thanks, MOVE!®”*

### Most Successful

Henry wants other Veterans to know how much the MOVE!® Program has improved his self-esteem and confidence. “It worked for me and can work for you, too!,” he says. “The MOVE!® Program is the most successful weight loss program I have ever been on!”