



Success Stories

Healthy Living Matters. Prevention Works.

A Life Changing Decision

FOR VETERAN HENRY "BUDDY" LANGER THE DECISION TO TAKE PART IN MOVE! WAS LIFE CHANGING.

With the help of the Fort Pierce, FL, MOVE! team Buddy lost 50 pounds and improved his quality of life.



A story of success

After 20 years of battling his weight Buddy achieved success when his VA care team suggested the MOVE! Weight Management Program for Veterans. Once he looked over information about the program he decided to give it a try. Since then he has lost 50 pounds and is keeping it off. "I think the success story is you have to want to do it. Think of whatever it is that is ailing you. You have to keep it in your mind to stay motivated. Listen to your coach. Watch your portions and exercise."

What he gained

After losing weight with MOVE!, Buddy said his blood pressure has improved, his legs don't hurt and his doctors are impressed with his lab results. Buddy recommends that other Veterans look into MOVE! because it is life changing. "It is a healthy and good way to get control of your health. As an older Veteran you want the last years of your life to count."



He makes it work

Once he made up his mind to give MOVE! a try Buddy says it worked. "MOVE! changed my mindset." He says he eats healthier by reading labels, measuring his food intake, and using a portion plate. "The main thing is to know portions. I even measure coffee creamer, and no more sugar in my coffee."

“ I feel I am much healthier. I feel 15 years younger and have more energy. I sleep better.”

– Henry “Buddy” Langer

Working out

Along with watching what and how much he eats, Buddy is active. He rides his bike from 6-7.5 miles five times a week and walks with a fitness tracker 2-3 miles a day. He's also doing pushups, sit-ups and leg resistance exercises. "For fun I love to ride my bike to the beach to swim."

Working to maintain

Now that he has lost 50 pounds, Buddy says he wants to maintain it. The MOVE! Workbook Module 16, *Maintaining Your Progress*, has helped Buddy with his maintenance efforts. He also gets help from his wife, who joined him on his weight loss journey and has lost 38 pounds herself. Buddy suggests that other Veterans look into the MOVE! program. "It is a life changing MOVE!. It is a healthy and good way to get control of your health."