



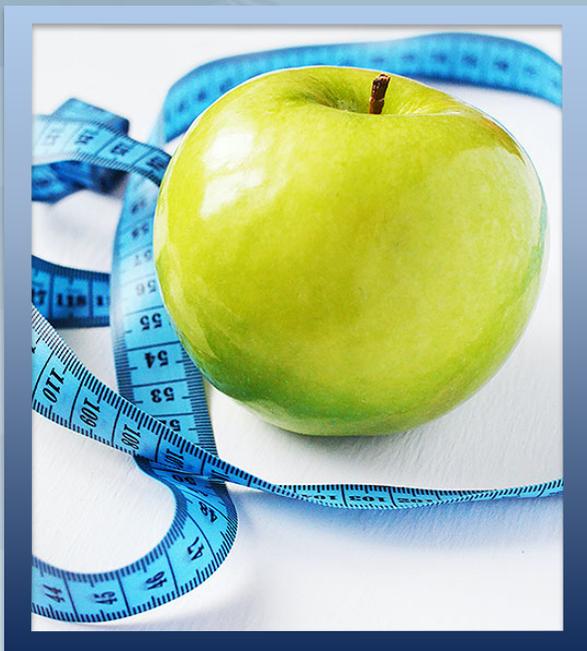
# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Answering a Wake-up Call*

*WATCHING HIS FRIENDS WHO WERE YOUNGER THAN HIM SUFFER SERIOUS HEALTH COMPLICATIONS DUE TO WEIGHT WAS A WAKE-UP CALL FOR VETERAN JAMES CURRY.*

James found that other programs didn't work for him, so he turned to the MOVE! team at the Edward Hines Jr. VA Hospital in Chicago, IL, where he has found success.



## *Time for a Serious Change*

James Curry shared that he wants to live a long and healthy life. After his retirement he realized he needed to make a serious change. In 2015, he weighed 329 pounds and had a 60-inch waist. "I have struggled with my weight all of my life." His VA doctor introduced him to the MOVE! Weight Management Program for Veterans. "I started going to classes and I liked it." In particular he finds the healthy eating techniques to be helpful. So far James has lost 56 pounds and has an ultimate goal of getting down to 200 pounds. He actively participates in his MOVE! group and has been steadily losing weight.

## *Moved to a Healthy Diet*

Since starting MOVE! James's diet is much healthier. Not only is he using a smaller plate when eating to help practice portion control, but he says, "I've also learned to increase the amount of vegetables I'm eating while decreasing my portion sizes of meat and starches." Another change James made was to limit his use of sodium at home. Now he has a shelf dedicated solely to spices that he uses when he cooks.

## *Solitude at the Gym*

James describes himself as a "gym junkie" these days. He spends two hours a day, five days a week in the gym doing a variety of exercises including time on the elliptical. In addition to the physical workout he says he experiences a feeling of solitude when working out. Along with the gym he also enjoys playing basketball, ice skating, and riding his motorcycle.

## *Improving Health*

James says his efforts are producing results. "Diabetes? What Diabetes? I have been off of diabetes medication and insulin for three years now." He also says that his rheumatoid arthritis has improved and that he no longer feels stiff like he once did.

“I’m just trying to stay in the best health that I can.”

– James Curry



## *Support from Friends*

"I get support from a little bit of everyone. I try to stay away from the naysayers because they don't want to see you succeed." Instead he surrounds himself with people who motivate and support him, including a group of friends who he says share similar values about weight loss.