



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Determined to Succeed*

*VETERAN AND LONG-TIME ATHLETE JAMES MANTHEY DIDN'T SET JUST AN ORDINARY WEIGHT-LOSS GOAL.*

James was determined to get his weight down—not just to an initial goal weight, but all the way down to his high school basketball playing weight! And did he achieve his goal? Let's just say James' MOVE! experience was a slam dunk!



### *When did you know you needed to make a lifestyle change?*

"I am a former athlete who still loves athletics and being involved. In December of 2016, I stepped on a scale that read 243 pounds.

"I was disgusted with myself. I asked, 'How did this happen?' I remember when I'd be shocked if I weighed over 220 pounds. Before that, 180 pounds was my basketball playing weight—but that was 43 years ago!

"I asked myself, 'Is there any hope to change?'"

### *What did you do next?*

“While visiting the VA medical center in Green Bay, I heard about ‘lifestyle change’ and ‘Choose to MOVE!’ programs offered by the VA. Staff members at Green Bay VA Center also told me [about them]. ‘I’m in,’ I said.

“**MOVE! will work for you. Don’t let anyone or anything stop you!**”

– James Manthey

### *What happened during your time participating in MOVE!?*

“The program goal was a 10-percent body-weight loss. I decided to go for 25 percent, or back to my 180-pound senior year.

“Through sacrifice, discipline, exercise, and eating less, I made it. I lost 63 pounds [and went from] size 38 to size 32 waist. Months later, I’m still 180 pounds.

“[MOVE!] lured me away from a sedentary lifestyle to a lifestyle of movement. ‘Lifestyle changes’ for me means a change for life!”

### *Who helped you reach your goals?*

“Mostly the wonderful staff at the Milo C. Huempfer VA Clinic, some friends, some family members. They gave me positive feedback. I also won some prizes for my weekly weight loss. Thanks, Meghann and Green Bay VA staff!”

### *What do you do now to stay healthy?*

“I work out 30-60 minutes daily, 7 days per week, doing something different each time to keep it interesting and stimulating. I eat three meals daily, looking to get the four basic food groups each meal. I drink 8-15 cups of water daily.”

### *How has MOVE! changed your life?*

“I’m where I want to be, weightwise—I have peace of mind. I don’t obsess about my weight now. I can move around and be active, as I love doing, without getting out of breath so easily. I no longer take cholesterol or blood pressure meds. I can eat grapefruit again!”

### *What would you like other Veterans to know about MOVE!?*

“The MOVE! Program will work for you—but only if you work the program. Second-guessing, excuses, and complaining will get you nowhere fast. Be determined to succeed!”