



# Success Stories

Healthy Living Matters. Prevention Works.

## *He Made up his Mind to Stick with It*

**VETERAN JEFFREY (JEFF) FREITAG SAYS LEARNING HOW TO CONTROL HIS PORTIONS HELPED HIM ACHIEVE WEIGHT LOSS SUCCESS.**

Jeff is still sticking with it, maintaining the 72 pounds he has lost so far with the Lima, OH, CBOC MOVE! Team and his wife, Anita, on his side.



### *Before MOVE!*

Jeff Freitag was experiencing back problems. He had so much pain that he was not able to stand, walk, or do much of anything at all. During a visit with his primary care physician, Jeff learned about the MOVE! Weight Management Program for Veterans. His physician recommended that Jeff lose weight to help with the pain and physical limitations he was having. Jeff decided to participate in MOVE! Group Sessions. He has participated twice already and is planning to participate in his third 16-week segment soon.

### ***During MOVE!***

Jeff mentions the support of MOVE! group facilitator Erin Neth. He says, “[She] has been a real motivator. She keeps me on track. She got me to slow down my eating and be more aware of portion control.” His wife, Anita, has also been a great source of support. Anita was able to attend MOVE! with Jeff and helps him by limiting the portions of food she serves him. She says, “An advantage of MOVE! is allowing the spouse to attend. It definitely helps so you can know what to cook and know how to support your spouse.”

### ***After MOVE!***

Achieving a 72-pound weight loss, Jeff has more energy and is now able to do things he couldn't do before like cleaning the garage and other chores around the house. He has reduced his waist from a size 44 to 36, and is thrilled that he can wear a suit coat again! He has improved his cholesterol and A1C and he is sleeping better now, too.

### ***Jeff's words to others about his MOVE! experience***

“MOVE! is a very helpful program, geared towards teaching you the ‘dos and don'ts’ and the proper ways to eat and exercise. If you really want to lose weight and are serious about it, MOVE! can help. MOVE! can be helpful for any Veteran who wants to improve their lifestyle and learn a new way of life.”

“**The new MOVE!  
Workbook and Food  
and Activity records  
are fabulous!**”

– Jeff Freitag

