



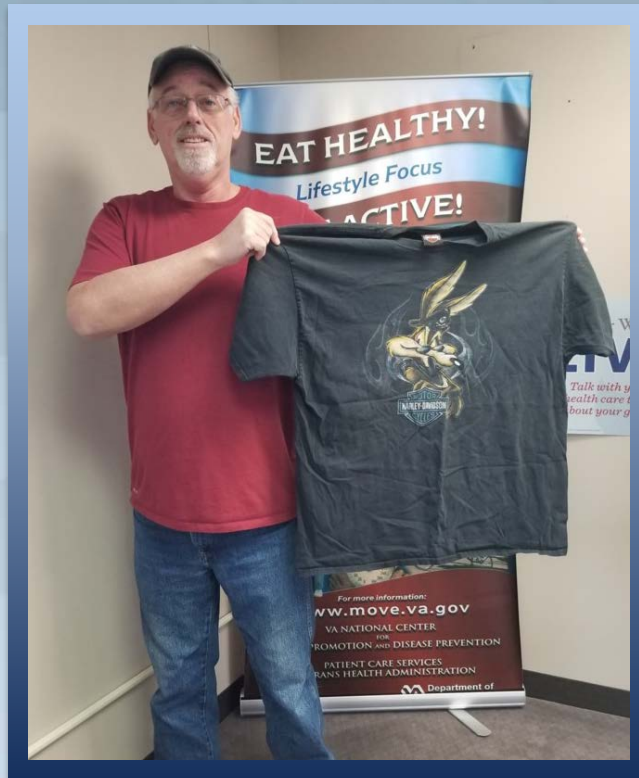
# Success Stories

Healthy Living Matters. Prevention Works.

## The Second Time Around for Love

**NAVY VETERAN JOE LOVE FOUND HE WASN'T QUITE READY THE FIRST TIME HE TRIED MOVE!**

But a renewed focus on improving his health made all the difference when Joe tried MOVE! a second time. The results—50 pounds lost and a new, healthy lifestyle—speak for themselves. Now Joe is supporting a friend by taking a *third* tour through MOVE! with him!



### Why did you decide to join MOVE!?

“My whole adult life, I’ve struggled with my weight. (I was in the ‘fat boy program’ in the Navy.) I gradually gained about 50 pounds following below-knee amputation surgery in 2011. By 2015, I was up to 230 or 240 pounds. When my weight increased, so did my blood sugar. I was also having heart problems. It was time to make some changes.

“I have now taken the MOVE classes two times. The first time, I was not mentally ready to make changes. The second time I participated, I was focused on improving my health.”

### **Will you tell us about the different versions of MOVE! you used?**

“I committed to MOVE! in January 2017, and completed MOVE!, TeleMOVE!, and MOVE! Cooking.

“MOVE! and TeleMOVE! are great programs. They helped me form a goal and gave me the tools and information to succeed. The teachers in both programs were supportive and helpful. I liked TeleMOVE! because it kept me on track—the daily lessons made me think about making healthy decisions all day.

“I also participated in the MOVE! Cooking classes—they were out of this world! I learned how to cook (and enjoy!) vegetables and substitute ingredients in unhealthy meals to make them healthier.”

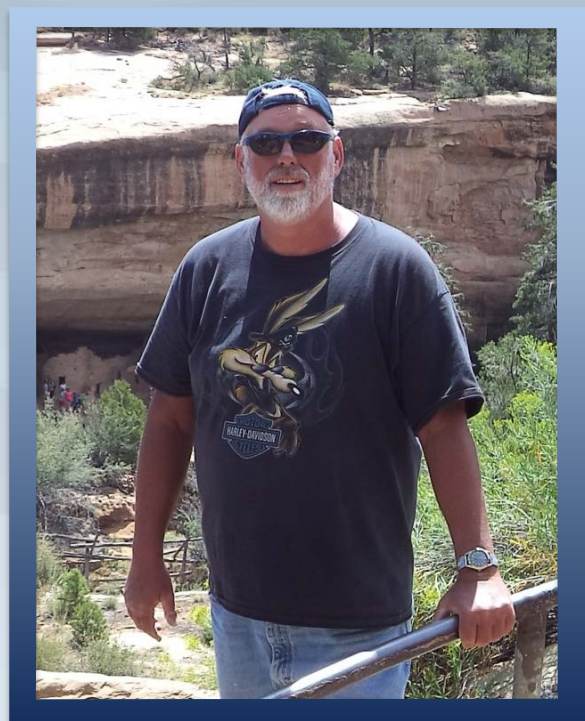
### **How did MOVE! help you?**

“MOVE! and TeleMOVE! stressed portion control and healthy alternatives, and getting exercise. Following these lessons helped me lose weight and keep it off. Now, it’s a lifestyle!

“When I started, my weight was up to 230 pounds (with my prosthetic). By the end of the MOVE! class, I was down to 190 pounds, and then joined TeleMOVE! and was able to lose an additional 15 pounds! Using the information I learned in MOVE! and TeleMOVE!, I have been able to stay at my goal weight for over a year.”

“**MOVE! can work for you, too. These are great programs!**”

– Joe Love



### **Are you still taking part in MOVE!?**

“I’m attending a third session of MOVE! classes, this time as a support person for my neighbor. Not only does this help me encourage him, but it keeps me motivated to remain at my healthy weight. If a Veteran wants to lose weight, the MOVE! programs are a great place to start!”