



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *The Couple That MOVE!s Together...*

*...LOSES TOGETHER! THAT'S WHAT VETERAN JOHN McCOLLOCH FOUND OUT.*

John had to travel 40 long miles to his Mount Vernon, WA, VA clinic to participate in MOVE! But when John learned his wife, Amy, could attend MOVE! sessions with him, his trips went from arduous to awesome. John lost 45 pounds with MOVE!—and Amy lost weight, too!



### *What motivated you to get started with MOVE!?*

"Several years ago, I began to gain a lot of weight, then I fell and severed my quad tendon and was laid up for several months. Then I had surgery on my other knee. I just kept gaining more and more weight.

"My physician at the Mount Vernon VA CBOC recommended MOVE! I attended every Thursday for 4 weeks. I went, learned some things, but I didn't go back.

"At one point, I was up to 217 pounds. I am not a big guy, so that was a lot of weight for me."

***You gave MOVE! another chance.  
How was it different this time?***

"I decided last November to try MOVE! again. I have to travel 40 miles to the closest VA clinic, Mount Vernon CBOC. That was an obstacle for me when I started again.

"However, when I discovered that my wife could attend with me, that made all the difference. This time, with my wife Amy's great support, I applied what I learned, like the plate method for portion control. We loved the weekly weigh-ins and trying new dishes. I also now have a better understanding of the labels on the packages.

"I lost 45 pounds—and my wife lost weight, too. I have maintained my weight loss for 8 months."

***Who else has supported you?***

"I got great support from Judith Willis, the dietitian that taught the MOVE! groups, and all my friends who like to go on walks with me."

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

"My life is so much better! I feel better about myself. I am more active. My knees don't hurt anymore. Now, I walk every day. My goal is at least 10,000 steps a day. To stay healthy, I continue to follow the plate method, and I am more conscious of the food I eat."

**“My wife and I are so grateful for the MOVE! Program.”**

– John McColloch



***Do you have a message for other Veterans?***

"I would like to tell other Veterans that the MOVE! Program really works, and we're lucky that the VA offers it.

"Do yourself a favor and take the class!"