



Success Stories

Healthy Living Matters. Prevention Works.

When commitment pays off!

VETERAN LARY NOLD STARTED MOVE! AT THE ROCHESTER, MN CBOC, AND WHEN LARY STARTS SOMETHING, HE FULLY COMMITS TO IT.

Lary doesn't like to do anything halfway, which is evident by his success with weight loss...91 pounds in just under one year!



How did MOVE! get your attention?

Lary's first contact with MOVE! was when he stumbled upon a brochure describing the MOVE! Program. He had been experiencing problems with his hips and knees for a while and knew that losing weight would not only help with those problems, but also make a difference for his health in general. He says that he had never tried losing weight before and thought about joining MOVE! for a few weeks. Ultimately, he decided that it was something he needed to do.

A variety of MOVE! formats

Lary was able to take advantage of a few of the different formats of MOVE! He received support and motivation from his MOVE! team and other Veterans by participating in group sessions. He also met individually with a MOVE! clinician. And he found the daily interaction and progress reporting via TeleMOVE! was extremely helpful.

"Phenomenal" support

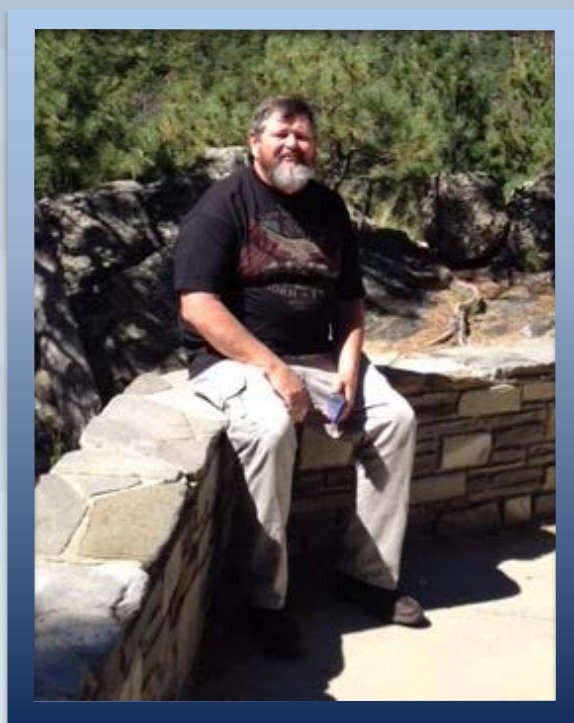
Family, fellow Veterans and his MOVE! team and staff helped Lary stay on track and reach his lifestyle goals. He described the staff who he worked with as "phenomenal."

How has MOVE! changed your life?

Originally, Lary weighed 311 pounds. His goal when he started MOVE! was a 100 pound weight loss, taking him to 211 pounds. In just under one year, Lary has lost 91 pounds and says he feels good at his current weight of 221 pounds. Now he wants to shift his focus from weight loss to fine tuning his physical activity and making his food and beverage choices as healthy as possible.

“ If someone is serious about losing weight, MOVE! is a great program.”

– Lary Nold



Giving it all away

Lary continues to participate in MOVE! and lose weight. He says he has given all of his clothes away...two times in fact...gradually reducing from his size XXXL clothes to size L now. Way to go, Lary!!!