



# Success Stories

Healthy Living Matters. Prevention Works.

## *Inspiration, support and encouragement to make a change.*

**AIR FORCE VETERAN LEO BROWN KNEW HE WANTED TO BE AROUND FOR A LONG TIME TO ENJOY HIS FAMILY.**

With the help of his VA New Jersey Healthcare System MOVE! team, Leo tackled his weight and scored some huge success!



### *Personally important*

Leo Brown had tried very hard to control his hypertension and diabetes. After consultation with his dietitian, he was able to increase his physical activity but remained frustrated that his weight would not get below 400 lbs. The life event that made his weight loss so important was when his daughter earned her Master's Degree and his 5-year-old grandson said he wanted Leo there for *his* college graduation too. At that point Leo knew that he wanted to do everything he could to improve his health and well-being, have a longer life and more time with his family.

### ***Weight loss options***

Initially, Leo met with his dietitian and was able to follow a weight loss diet and increase his physical activity. During a follow-up appointment his dietitian spoke with him about other weight loss options including MOVE! group sessions and bariatric surgery.

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

Leo credits the MOVE! group sessions and his dietitian with helping him to eat wisely with healthy choices and smaller portions. Additionally, Leo shares that the “other Veterans in the MOVE! group ... provided a non-judgmental atmosphere of encouragement and education.”

### ***How is your life different now?***

After the MOVE! group sessions and bariatric surgery at the Bronx VA, Leo’s diabetes is under control and he has been able to achieve long term weight loss. Over the past three years he has lost 160 pounds and feels great! He no longer has to shop at specialty stores for higher priced extra-large clothing and enjoys shopping at a variety of well-known stores now.

“The body is a perfect machine – treat it correctly”

– Leo Brown

