



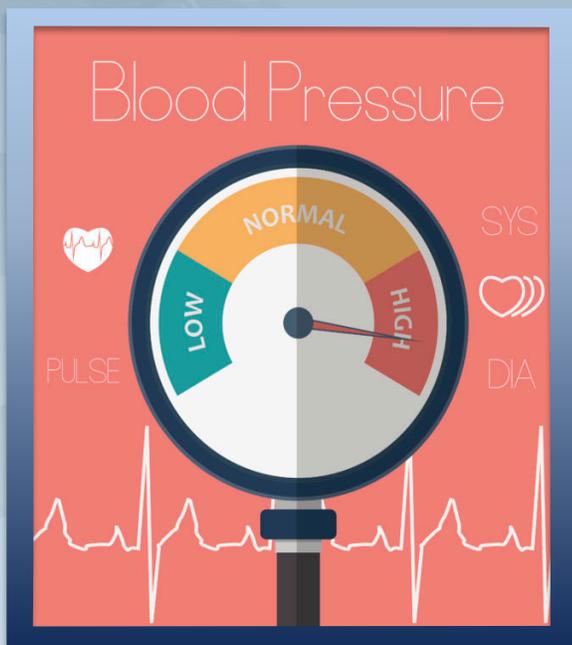
# Success Stories

*Healthy Living Matters. Prevention Works.*

## Healthy Lifestyle Changes Lead to Successful Weight Management

*VETERAN LUIZ HERRERA DISCUSSES HOW ATTENDING THE SOUTHERN ARIZONA HEALTH CARE SYSTEM MOVE! PROGRAM HELPED HIM AND HIS FAMILY ADOPT NEW HABITS.*

"I never tried a weight loss program before, but struggled with weight ever since I left the Service – for decades. I did try Herbalife with meal substitute one time per day, but it just didn't work for me. It was my blood pressure that scared me into going to see my doctor."



### High Pressure – No Fear

In early 2019 Luiz was concerned about his blood pressure so he made an appointment at the Ironwood clinic in Tucson, AZ, where the nurse suggested the MOVE! Weight Management Program for Veterans. "I realized that my elevated blood pressure was associated with my being overweight and I wanted to prevent it from getting worse. Then, at the first MOVE! group class, everyone introduced themselves and stated their health problem related to weight. It inspired me. It didn't scare me, it just inspired me because I realized I was really the only one with nothing wrong...yet."

## A Pleasant Discovery

As Luiz attended the MOVE! group he began to focus on how to eat wisely. "I changed my view about food. MOVE! really helped me to understand you can eat healthy and still enjoy food. My mentality about food changed; now I look at what the food is going to do for me. I also notice that meals are a lot easier now - everything is planned ahead. Keeping a food log of

what I eat helps me to stay on track and to gain better knowledge of food servings and calories in foods. The MOVE! program made it easier to eat healthy."

## Support and Success

Luiz says, "My wife and kids are adopting and supporting the same healthy habits. The MOVE! group meetings, where I have seen and heard about

Others' struggles, also helped me to reach my goals." Luiz has lost more than 45 pounds, decreased his BMI by 7.1 points to the low end overweight range, decreased his waist size by 8 inches, and lost 10.9% body fat. He says, "I will continue to eat by using the healthy plate method, minimal meat, more beans, cutting out added sugar, and measuring foods with measuring cups. I plan to also maintain an exercise routine with walking and strength training."

## Luiz's Message to Veterans

"It is possible to eat healthy and lose weight. If you incorporate this into your lifestyle, it will make your life easier and you will feel better."

“MOVE! really helped me to understand you can eat healthy and still enjoy food”

– Luiz Herrera

