



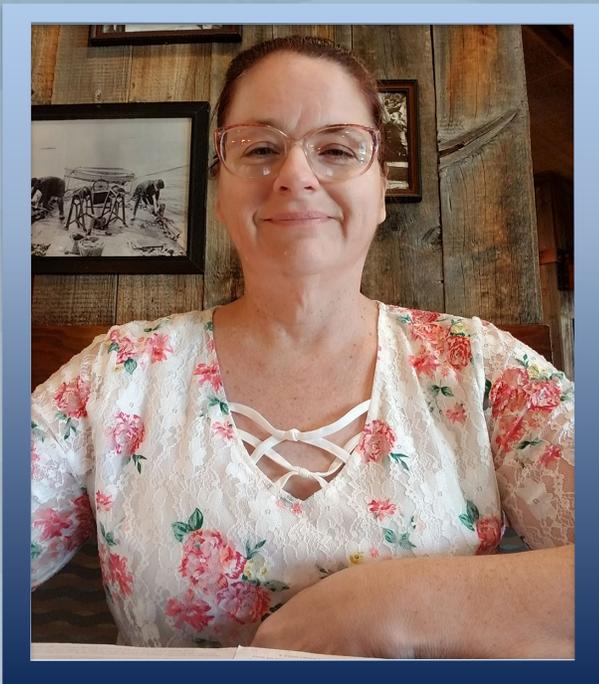
Success Stories

Healthy Living Matters. Prevention Works.

This Time it Was with "Gusto!"

VETERAN MOLLIE ANDREWS DECIDED TO GIVE MOVE! A SECOND TRY, BUT THIS TIME SHE COMMITTED TO DOING IT DIFFERENTLY AND WITH GUSTO.

Fighting a life-long battle with weight, this Veteran found success with the help of the G.V. Sonny Montgomery VA Medical Center MOVE! team.



High school reunion

Mollie Andrews had tried popular diets and weight loss products, but without success. After hearing about TeleMOVE! from a fellow Veteran, Mollie decided to give it a try, though remained unsuccessful in reaching her weight loss goals. So on a chilly December day while sitting on the couch watching TV Mollie realized she had a high school reunion coming up. "That realization gave me the push I needed. I looked at myself and I decided it was time. I needed to make a change to lose all the weight I'd gained over the years." Less than two months later, she began MOVE! group sessions thinking that the accountability of the group would help her succeed. She was right! Mollie went to her 30th high school reunion 70 pounds lighter!

One mile and then another

Mollie said one of the first goals she made for herself was to increase her activity. To do this she chose walking. The first week she walked a mile. The following week she added a mile and by the end of three weeks she was up to six miles daily.

Goodbye soda

Along with adding activity to her life Mollie also made changes to her diet. The biggest change for her was eliminating sugared sodas that she was used to drinking. "This was difficult because I was hooked on it and had developed the habit of drinking several a day." Mollie started eating healthier meals with smaller portions.

Motivated and moving

Even though she lost 70 pounds by her class reunion Mollie was not done. "When I saw my friends for the first time in 30 years all the compliments were very motivating." She says she still has 30 pounds to go to meet her goal, but she is enjoying the benefits of her weight loss thus far. "I have more energy and feel better about myself. My clothes fit better and I love being able to buy smaller sizes." Mollie continues to watch what she eats and keeps active. "A moving object won't gather dust!"

“ The staff running this program do genuinely care and will do all they can to help you be successful and achieve your goal.”

– Mollie Andrews



Supported and empowered

Mollie credits her success to the help she got from the MOVE! staff and her friends. "They asked me how I did each week and continually sent motivational and caring texts, emails and Facebook posts. I still have a bit to go, but because of the MOVE! staff I know ***I CAN DO THIS!***"