



# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Motivation, Accountability and Physical Activity Help Pat Groce Make Positive Lifestyle Changes.***

***MOVE! GROUP AND INDIVIDUAL SESSIONS, MOVE! COACH, BE ACTIVE AND MOVE!, TELEMOVE!, TLC AND MORE...***

"I've tried all of them. Weight Watchers, Atkins, South Beach, etc... I started MOVE! in 2011 and have lost 40 pounds."



### ***How did you get connected with MOVE!?***

Pat explains that she gained weight while recovering from a broken ankle. Her primary care provider at the Fayetteville (AR) VAMC recommended that she take off some weight to help with her recovery and offered her a referral to the MOVE! Program. Pat has participated in MOVE! group and individual sessions, TeleMOVE!, MOVE! Telephone Lifestyle Coaching, Be Active and MOVE! and MOVE! Coach with Care.

**“It is a stimulating program. I enjoy the social aspect and accountability of the program.”**

**– Pat Groce**

### ***What motivated you to lose weight?***

“My weight loss journey began 30 years ago. I have been overweight since high school. I was motivated to lose weight and stop smoking after my younger sister had a stroke at age 48. At that time, I weighed 250 pounds.



### ***What helped you reach your goals?***

Pat shares how different people have helped her reach her goals for eating wisely, being physically active and in general keep her on track to healthy living. “My sister helps me eat healthy. I follow a 1400-1500 calorie diet. I walk and swim with a friend. My dietitian, Angie Thomas, and Physical Therapist Assistant, Amber Johnson provide guidance, support and keep me accountable on a weekly basis.”

### ***What have you accomplished through MOVE!?***

Pat has lost 40 pounds, and competed in the 2014, 2015 and 2016 Veterans Golden Age Games. She is currently preparing for the 2017 games! She has won 9 medals: 3 gold, 3 silver and 3 bronze in power walking, bowling, horseshoes, swimming and air rifle.

### ***How has being physically active helped?***

“In addition to walking one mile daily, I participate in Be Active and MOVE! classes 3 days/week, water aerobics 2 days/week, and Golden Age Games training class once each week. I bowl with a league twice a week. Two years ago I learned to swim as training for the swimming competitions at the Golden Age Games. I’ve recently started swimming laps for 30 minutes before my water aerobics class. My next goal is to start riding a 3 wheeled bicycle.”