



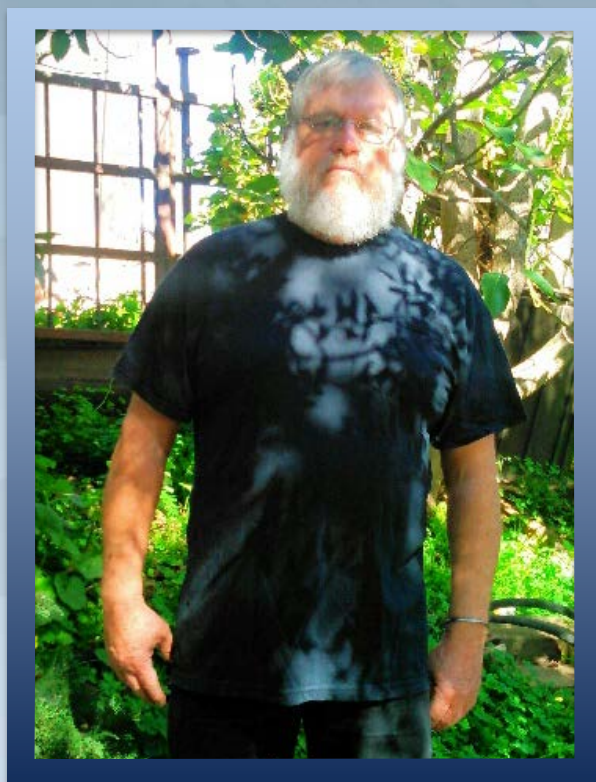
# Success Stories

Healthy Living Matters. Prevention Works.

## ***“Mission Accomplished!”***

**NAVY VETERAN ROBERT “SAILOR BOB” GREGORY TURNED TO HIS MARE ISLAND, CA, CARE TEAM WHEN WEIGHT GAIN AND PAST INJURIES REQUIRED HIM TO WALK WITH A CANE.**

Motivated by his physical therapist and MOVE! dietitian, Bob shed over 40 pounds and trimmed 10 inches off his waistline—and shed his cane, too!



### ***How long had you struggled with your weight before MOVE!?***

“During my active duty, I never had a weight problem. I was physically active, an avid runner, swimmer, and cyclist. The weight started accumulating after retirement.

“The ‘battle of the bulge’ is a challenge. I had an idea of what I needed to do, but I was ‘getting nowhere *fat!*’ I had also become dependent on using a cane to walk, a result of injuries while on active duty. Exercise seemed too difficult.

“Concerned about my weight, my general practitioner at the VA Mare Island clinic arranged appointments for me with a physical therapist and a dietitian.”

### **Can you describe that “two-step” approach to your weight loss?**

“My physical therapist, after several sessions, freed me from my walking cane. It wasn't easy. But the result was no more cane and the ability to walk for miles, a major key for my weight-loss goal.

“I entered the MOVE! program in October 2016. The group is headed by a professional and highly motivated dietitian who presents weekly classroom sessions, offers challenges, and answers questions. She tracked my progress by having me weigh in weekly and keep a chart of what I ate and how much I exercised. Encouragement along the way gave me the hope to meet challenges I encountered.

“The key to success with MOVE! was learning healthy choices in what I eat and how I should exercise intelligently.”

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

“Thus far, I've lost over 40 pounds—attested to by going from 42-inch to 32-inch pants! I have lots of energy and feel much younger. People that I hadn't seen for some time needed me to reintroduce myself. What a happy change!

“I've become much more active—walking four to six miles a day—and I enjoy well-balanced meals.

“Weight loss: Mission accomplished!”

“I have lots of energy and feel much younger. Give MOVE! a shot!”

—Bob Gregory



### **What's your message to other Veterans about MOVE!, Sailor Bob?**

“Give it a shot—and carry on smartly!”