



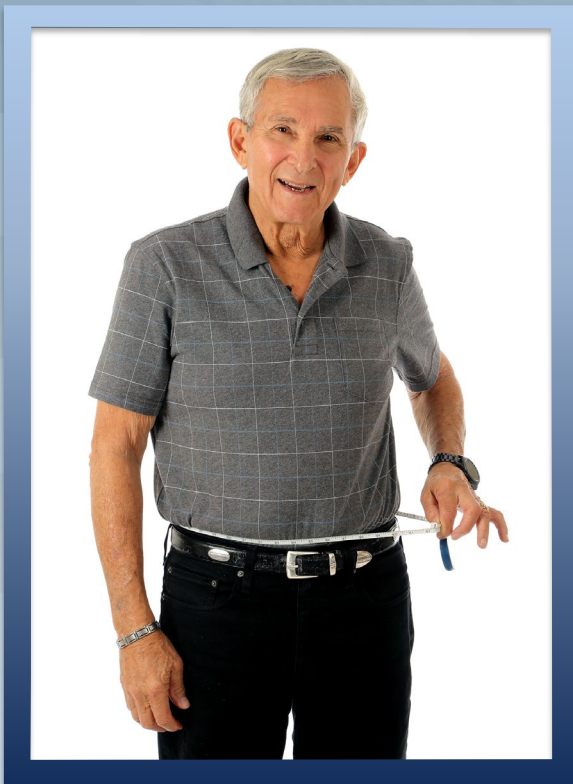
Success Stories

Healthy Living Matters. Prevention Works.

Perseverance – the single most important element

VETERAN ROBERT HOROWITZ LOST 40 POUNDS BY FOCUSING ON SHORT-TERM GOALS AND USING ALL THE RESOURCES AVAILABLE.

With the help of his West Palm Beach MOVE! team, Robert has improved his health, lost inches, and received compliments and encouragement on his success.



A little bit of background

"My weight had gone up and down over the years. In 1995, I retired for the second time and gained two pounds per year since that time. To make things worse, there's no food I don't like and I'm not allergic to any food. I get shots in both knees for pain and I have neuropathy in one foot and a heel spur in the other. My PSA levels had gone up significantly and I had to undergo a 12-point biopsy. My primary doctor said my sugar levels had been elevating and she recommended the MOVE! program."

My experience with MOVE!

"I started the MOVE! program about nine months ago and from the beginning I began logging everything I ate. I subtotal several times a day in order to know how many calories I have left for that day. I look up all the calories online or on my smart phone. Several restaurants have calories on the menu. If you log long enough, this becomes your new normal and eventually you know most foods' caloric content."

Perseverance pays off

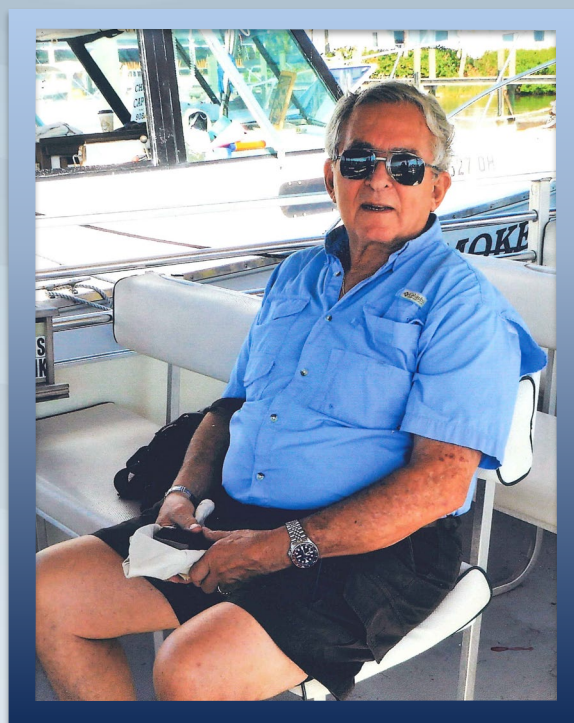
"I concentrated on short term goals – losing 5 pounds at a time which was more realistic than thinking in terms of 20 pounds at a time. Several times during this journey, my weight loss had plateaued and although somewhat discouraged, I concentrated on perseverance." Robert says that instead of denying himself of anything, he had small tastes, always keeping the overall calories in mind. He lost 8 inches around his waist and dropped his PSA and blood sugars by half.

The role of physical activity

Robert started exercising with resistance bands, as well as walking and bike riding, eventually as much as 30 miles at a time. He says he is much more active now and actually enjoys exercising.

“What worked for me was that I bought into the entire program.”

– Robert Horowitz



Robert's strategies for success

Robert says that what worked for him was using all of the resources available to him, including reading material and the emotional support of the fellow Veterans in his MOVE! group.