



# Success Stories

*Healthy Living Matters. Prevention Works.*

## Common Sense Leads to Better Health

**VETERAN BOB WOLVERTON MADE SIMPLE CHANGES FOR GREAT RESULTS WITH WEIGHT LOSS.**

The MOVE! team at the George E. Wahlen VAMC in Salt Lake City, Utah helped Bob learn and implement healthy behaviors.

## Overcoming Struggles Together

Prior to enrolling in the MOVE! Weight Management Program for Veterans, Bob struggled with maintaining a healthy weight. "I've been overweight most of my life, except on active duty," he explains. Bob's primary care provider suggested that he enroll in MOVE! group sessions to help build the lifestyle he needed to take control of his health. For Bob, these sessions with his fellow Veterans kept him motivated. "My MOVE! team and fellow [Veterans] provided positive feedback...and that support...was critical to my success!"



## Simple Changes

Bob benefited from MOVE!'s emphasis on building a healthy lifestyle to achieve weight loss success. Unlike other diets he'd tried in the past, "MOVE! offered solid information about food, good advice on activity, and insights into possible roadblocks to success," he recalls. "There was no starvation or eating expensive, exotic food, just plain common sense!"

## Continued Effort

After a year of attending MOVE! group sessions, Bob has been successful losing weight. He has lost over 40 pounds, but continues to push himself today as he strives to reach his goal weight. To maintain his new lifestyle, Bob eats healthier foods and is mindful of how much he consumes. He also stays active by walking at least one hour every day and setting aside additional time for strength training exercises. As Bob looks forward into another year of his healthy habits, he remains optimistic. Thanks to MOVE!, he "now [has] the skills and knowledge he [needs] to continue toward [his] weight loss goal (just ten more pounds to go)."

**"I highly recommend the MOVE! program to my brother and sister Veterans."**

**– Bob Wolverton**

