

Listen, Learn, Lose: VETERAN RODNEY ALLEN TELLS THE STORY OF HIS DRAMATIC WEIGHT LOSS THROUGH MOVE![®]

“On July 12th, 2010, I went to my first MOVE![®] Class at the Daytona Beach CBOC of the Orlando (Florida) VAMC. I started out weighing about 268 pounds, and had a 49-inch waist and a BMI of 37. After completing the MOVE![®] program in May 2012, I’d significantly reduced my size, to 190 pounds, a 34-inch waist, and a BMI of 27!



The MOVE![®] program provided 10 weeks of very useful information and motivation. It taught me how to count calories, eat more nutritiously, and lower my sodium. It also helped me get more exercise and reduce my medications. Now, I ride a bicycle almost every day at least 5-10 miles. I also have been able to stop taking my high blood pressure medication. Plus, I just feel better and healthier!

I want to thank all of the VA employees helping us Veterans, and specifically my excellent support team. The Daytona Beach MOVE![®] team of Pat (secret code name, ‘Mrs. Dash’), Becky (the comedian and motivator), and Terry (always helpful and full of enthusiasm) gave me the information and support I needed to change. My Orlando VAMC GI specialist Dr. Haye kept me motivated by telling me, ‘Don’t *try* to lose weight, just *do* it!’” Dr. Reddy and her wonderful nurses June and Michelle also helped me a lot.

And I have to thank my wife Rosie, who came with me to every class and helped both of us learn to eat better and keep on the right track.

God bless E Troop, 17th Cavalry Recon, 173rd Airborne, and the 101st Airborne Division!”