



# Success Stories

Healthy Living Matters. Prevention Works.

## *"It Helps to Know You Aren't Alone"*

**ROGER MORRIS USED THE SUPPORT OF OTHER MOVE! VETERANS, PLUS HIS FAMILY HISTORY, AS MOTIVATION TO MAKE A HEALTHY LIFESTYLE CHANGE.**

In less than a year, with the help of his Asheville, NC, MOVE! team, Roger turned that support and motivation into a 60-pound weight loss!



### ***What motivated you to start MOVE!?***

"My mother was in a nursing home. A lot of her problems came from being overweight. I saw what her weight did to her. She died at 68 years old. That was a key factor.

"My health provider said, 'If you really want to lose weight, you ought to try [MOVE!].' I had tried MOVE! twice before; at those times, I said that I would try to lose the weight on my own. But after seeing what happened to my mother, I knew I had to do something different."

### ***What was the biggest change you made to start losing weight?***

“The biggest thing for me was that I started drinking water and cut out the sugar. I was drinking a half-gallon of sweet tea a day, plus soda and alcohol. I cut that all out. After that, the weight just started melting off. And I’m not done. I want to keep losing weight.”

### ***How much have you lost? How else has MOVE! helped your health?***

“I started MOVE! [nine months ago]. I’ve lost over 60 pounds since then. I’m down from a 46-inch waist, and yesterday I bought my first pair of 38’s. I can buy clothes at a regular store now! I don’t have to go to the big and tall store.

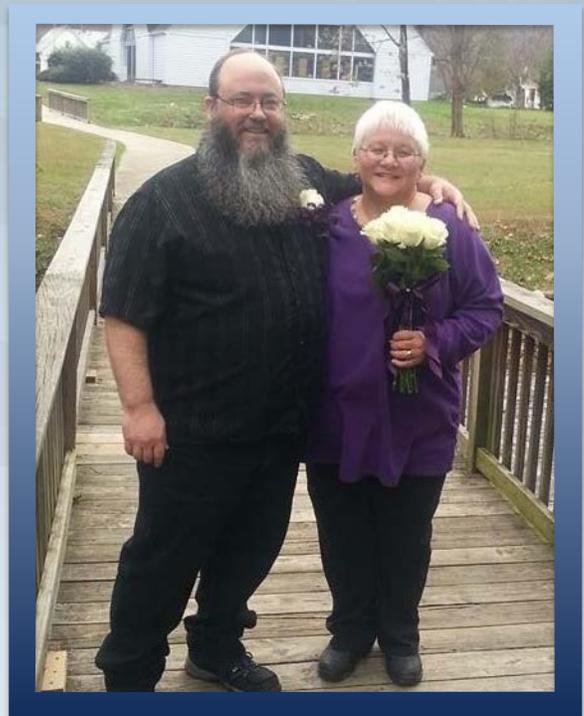
“Since my weight loss, my knees are better, and I am off my blood pressure medications. I’m not as short of breath as I used to be. I’m now able to work delivering pizza. My wife had to stop working, and we were in a really bad place financially until I was able to start working again. Before I lost the weight, there was no way I could be on my feet all day and walking up stairs like I do for my job.”

### ***How did MOVE! help you learn the “mental side” of weight loss?***

“One of the biggest things that helped me in my weight-loss journey was when Dr. Lima, my health behavior psychologist, said, ‘You have to get your mind fit, and then the body will follow.’ I have never forgotten that. I

“I was up to 296 pounds. Now I’m down to 222 pounds—and I’m not done!”

– Roger Morris



know that it all has to start with good motivation and keeping my ‘mind right.’

“It was also helpful for me to be in the groups. I could see how other people solved the problems in their lives that were keeping them from losing weight. It helps to know you aren’t alone.”