



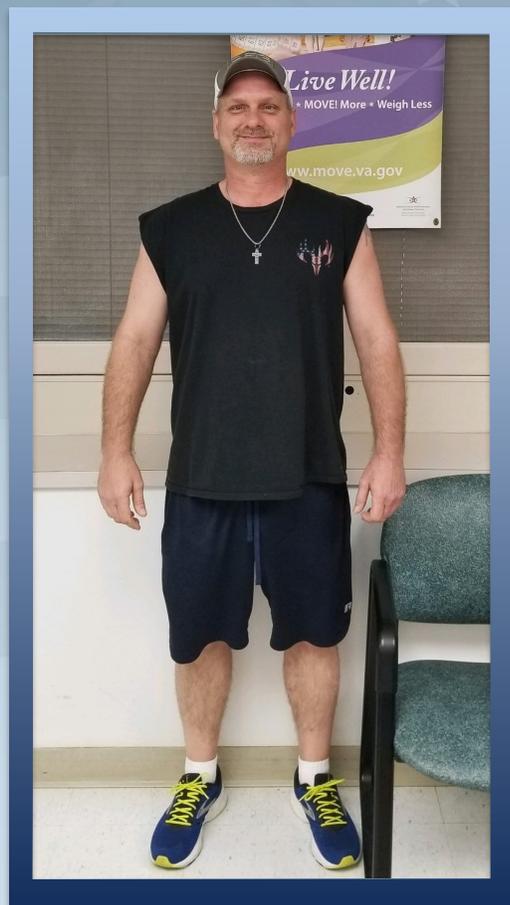
# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Camaraderie, Confidence Lead to Weight Loss*

*AFTER LEARNING ABOUT HIS FRIEND'S SUCCESS, RONNIE DEAN HAWTHORNE, JR, DECIDED TO TRY THE MOVE! PROGRAM AT OVERTON BROOKS VA MEDICAL CENTER IN SHREVEPORT, LOUISIANA.*

With his 50-pound weight loss, Ronnie feels more comfortable in his own skin and his confidence has skyrocketed!



## *Ready for a Change*

After leaving the Marine Corps, Veteran Ronnie Hawthorne struggled to maintain a healthy weight. Noticing that he was more out of breath due to excess weight and that he was lacking confidence, Ronnie decided that he was ready for a change. He learned about the MOVE! Weight Management Program for Veterans from a friend who had experienced success in the program. Motivated to get in shape for a healthy future with his kids, he decided to join his friend in the MOVE! program in December 2018.

### *Finding Support*

In the past, Ronnie tried to improve his health by going to a local gym but he didn't see results. After starting MOVE!, he realized it offered camaraderie and support that he had not experienced at his gym. For Ronnie, being supported by other Veterans with similar stories and struggles was key to his success. He also credits MOVE! team members Jennifer, Elizabeth, Martha and Charles for providing him with the information he needed to make lifestyle changes, along with encouragement to stay motivated to do his best.

### *Addition by Subtraction*

Along with weight loss of more than 50 pounds, Ronnie's BMI decreased from 34.6 to 27.6. Importantly, he has experienced other improvements in his health. Check out these results!

- Total cholesterol: decreased from 173 to 137 mg/DL
- HDL (good) cholesterol: increased from 43 to 48 mg/dL
- LDL (bad) cholesterol: decreased from 93 to 72 mg/dL.
- Triglycerides: decreased from 346 to 90 mg/dL

“**MOVE! is the real deal!**  
**As long as you follow the advice you get, you'll see changes.”**

– Ronnie Hawthorne

### *Transforming Mind and Body*

In addition to his confidence skyrocketing and feeling more comfortable in his own skin, Ronnie feels comfortable at the beach and doesn't dread tucking in his shirt anymore. Friends and family members have commented on his transformation and he is happy to report that his old clothes are too big!

### *Continuing the Journey*

For Ronnie, the journey is far from over. He plans to stick with the diet and physical activity advice from the MOVE! team and will continue in the program. He also plans to celebrate his weight loss success by participating in a Spartan Race!