



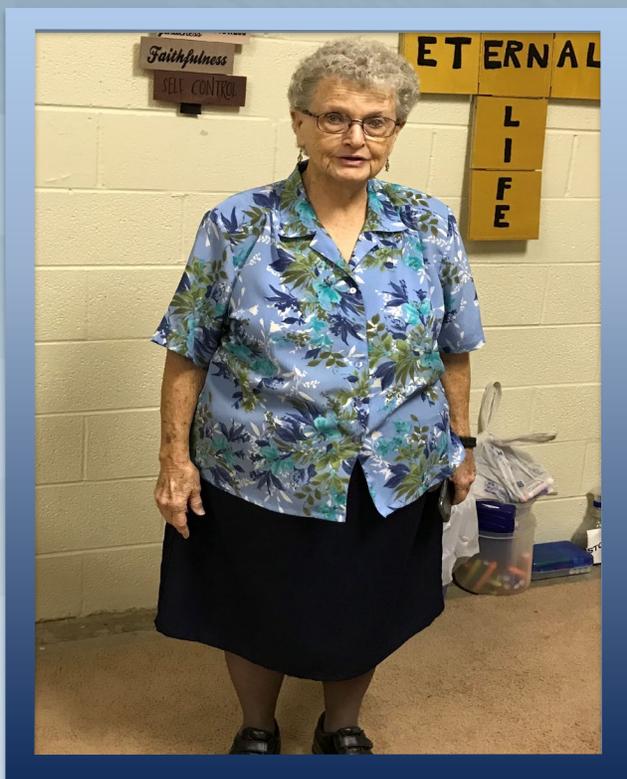
Success Stories

Healthy Living Matters. Prevention Works.

Reinvigorated Through MOVE!

VETERAN SANDY SAMUELS PUSHED FORWARD WITH SUPPORT FROM HER FRIENDS AND THE WEST TEXAS MOVE! TEAM AND DISCOVERED NEW LEVELS OF ENERGY IN HER LIFE!

Sandy relied upon simple changes to her daily habits to help her lose weight and has since gained a new understanding of the benefits of healthy living.



It's Who You Know

After struggling with her weight since her discharge from the Navy in 1965, Sandy chose to begin the MOVE! Weight Management Program for Veterans on the recommendation of her health care team. For Sandy, it was a personal connection that helped make the difference. "I had been acquainted with the MOVE! instructor for several years before she started to teach," Sandy explains. "Once she started teaching the program, she encouraged me to join." She did just that, and has participated weekly since March of 2019. In her own words, "it keeps me motivated!"

A Little Help From Her Friends

Sandy acknowledges her friends for their support throughout her weight loss journey. "My greatest help came from friends who started noticing my weight loss," she explains. "They encouraged me to stick with it!"

Focusing on the Little Things

For Sandy, MOVE! provided her with the opportunity to make measured, consistent progress through small changes to her daily habits. She "[takes the] stairs whenever possible, and [parks] farther away" from her destinations when out on the town. Sandy also counts calories and keeps a food log to focus on eating wisely and limiting her food intake!

Powered Up

Since starting MOVE!, the most obvious benefit in Sandy's life has been her increased energy. "My energy level has probably doubled," she claims, "which is saying a lot for a 77-year-old woman!" Sandy's new vigor helps keep her on track throughout the day and allows her to be more active than ever before! In that way, her newfound energy helps her strive even further with MOVE!

“MOVE! works within your lifestyle...I haven't felt deprived at all!”

– Sandy Samuels



A Continuing Effort

Though Sandy has already lost 25 pounds with MOVE!, she doesn't plan on stopping there! Her new healthy habits will help her reach her weight loss goals. "Because of the weight I've already lost...I can do it if I put in the effort!"