



Success Stories

Healthy Living Matters. Prevention Works.

A Positive Attitude

WHEN STANLEY GRAY GOT SOME TOUGH NEWS ABOUT HIS DIABETES, HE DECIDED TO TAKE ACTION.

After enrolling in MOVE!, Stanley turned things around. Now he's nearly 40 pounds lighter and feeling healthy!



Getting Some Needed Motivation

Veteran Stanley Gray had never been too concerned with his weight until a fateful trip to his VA provider in North Texas. "The doctor's visit contained bad news about my diabetic condition," Stanley recalls.

Stanley's doctor told him that losing weight would help. "It motivated me," Stanley said. "My provider suggested the MOVE! Program."

Stanley began his weight-loss journey with the North Texas VA Medical Center's MOVE! Program in the spring of 2017.

Ready for a Change

Stanley's positive attitude helped right away. He was receptive to the changes he and his MOVE! team identified. "I was ready for it to work. I tried every positive suggestion," Stanley said.

Stanley's Work Pays Off

Stanley learned how to make better eating choices with the help of his MOVE! team. He started dialing up his exercise routine as well.

"I walk 5 miles and run 2 miles" weekly, Stanley notes. He's also doing strength training. This new exercise routine has become a positive habit for Stanley: "I feel guilty when I don't get to exercise!"

Through the combination of eating wisely and being physically active, the weight started coming off. In less than a year, Stanley lost 38 pounds and several inches off his waistline.

The Support to Keep Going

Stanley knows that his early success is just the first step. "I have 40 pounds to go yet," he said. "I am still losing, but more slowly."

Fortunately, Stanley has a support system in place to help him along the way. "I still enjoy the support of the VA staff and facilities—and the encouragement of my wife."

Stanley also recognizes the lasting benefits of MOVE! "I enjoy eating healthier. And I feel better."

“If you give MOVE! a real chance and follow the suggestions, it will work.”

– Stanley Gray

