



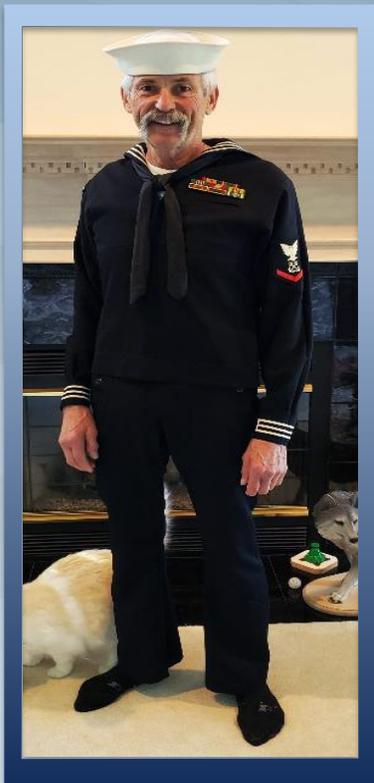
# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Dropping Weight and Putting on Dress Blues*

*A SPRAINED ANKLE LED NAVY VETERAN STEPHEN LENTZ TO A WEIGHT LOSS OF 59 POUNDS AND A CHANGED LIFE.*

For more than two decades Stephen struggled with weight loss trying various diets, pills and exercise programs. However, with the MOVE! Program at the Cleveland, WI, VA clinic he was able to shed the pounds and keep them off.



### *Looking Good, Feeling Great!*

Stephen went to see his doctor with a sprained ankle. During the visit, his doctor noted that Stephen was gaining weight and asked if he wanted to see a dietitian. Stephen agreed, and with the guidance of his dietitian, he learned how to lose weight on an 1,800-calorie-a-day diet.

Stephen went from 212 to 180 to 170 pounds. However, he felt he still had more to lose so he set a goal of 160 pounds and achieved it! He now wears a size 32 pants and can fit into his Navy blues just like he did 48 years ago! "Now I want to put on more muscle. I am looking good and feeling GREAT!"

### *No Need To Give Up Hunting*

Stephen liked to hunt, but found it had become harder to do because of his weight. “Two years ago, I thought I would have to give up hunting because it was too hard.” Now he finds both hunting and working outside are a lot easier. He has also found that his blood pressure, cholesterol and glucose are way down.

### *Feeling Better, Sleeping Better*

Stephen started his weight-loss journey at 212 pounds in February 2019 and was down to 159 pounds by October 2019. He says he plans to stay in the 160-pound range. “I feel better, sleep better and I love buying 32-inch jeans.”

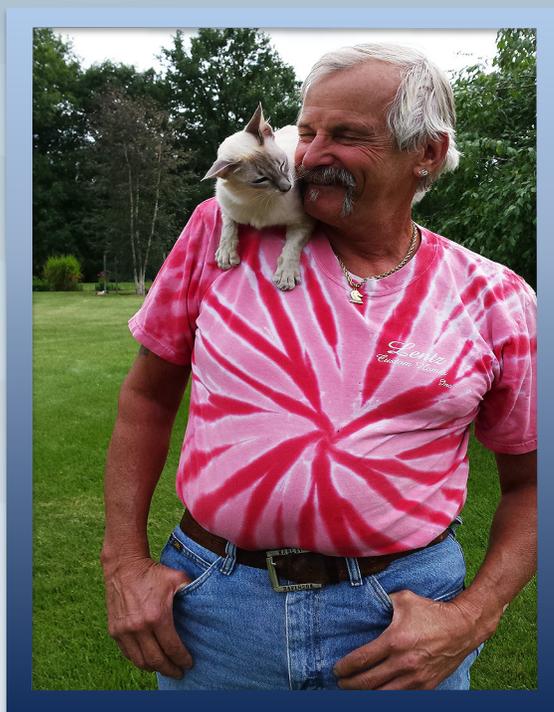
### *Support On His Journey*

He wasn't alone in his weight loss journey. Through the MOVE! Weight Management Program for Veterans, he had the assistance and encouragement he needed to succeed. Stephen also had the support of his wife who followed the same program and lost 50 pounds. Stephen added, “It works if you work it!”

He says he plans to stick with it and continue to eat 2,000 calories a day of healthy foods.

“ It is **VERY** easy to lose weight and stay healthy **IF** you are willing to watch what and how much you eat. **AND** get off the couch!”

– Stephen Lentz



### *Getting Off The Couch*

To stay active Stephen takes care of his two-acre lawn and keeps his 15 acres of woods looking like a park. He also works out and lifts weights 2 to 3 times a week.