



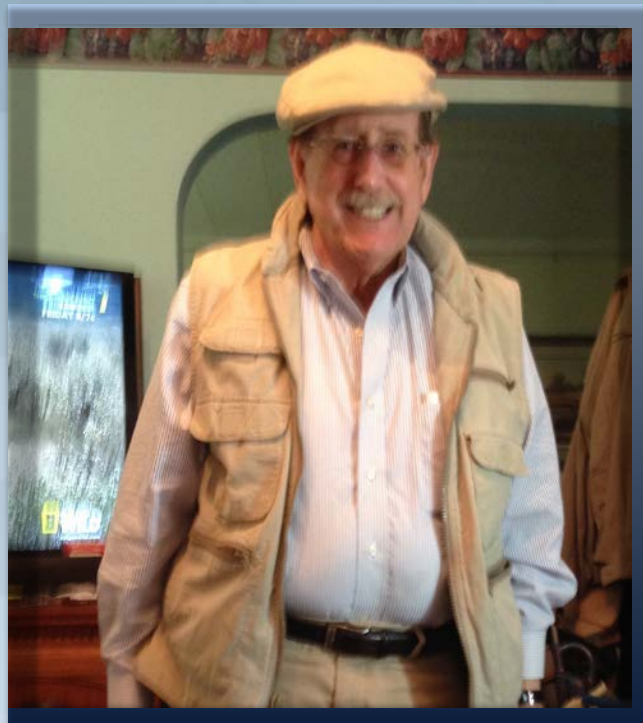
Success Stories

Healthy Living Matters. Prevention Works.

He's Thin Again.

TERRILL LEFF DIDN'T LIKE THE WAY HE LOOKED OR FELT. HE DID SOMETHING ABOUT IT WITH MOVE!

After being thin most of his life, advancing age and poor eating habits affected Terrill Leff like it does many Veterans — he put on extra weight. Now, with MOVE! and the support of his VA team at Charleston's Ralph H. Johnson VAMC, Terrill has lost 31 pounds!



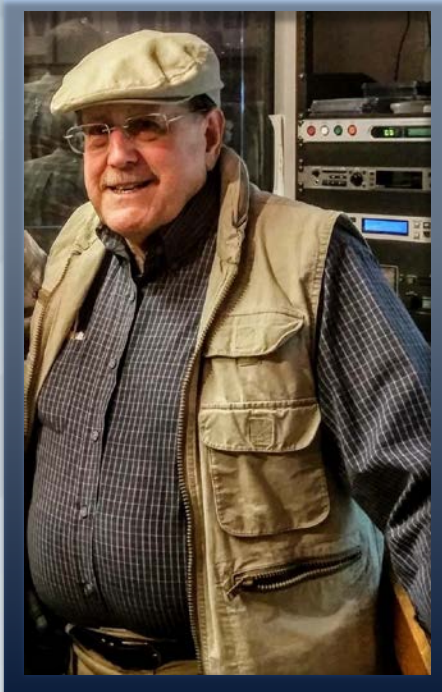
What motivated you to choose MOVE!?

"I had always been thin, and never had to worry about my weight — I ate whatever, whenever. As I got older, I gained weight and didn't like the way I looked. My weight also affected how I felt. I was tired all the time and had pain when walking, so my gait was slow and I didn't want to walk much.

"I knew I needed to lose weight. When I saw a MOVE! flyer, I made the call."

“ What I can say about MOVE! is, it works!”

– Terrill Leff



What happened when you started MOVE!?

“I have been in MOVE! for about a year, but it wasn’t until the past 4 months that I decided to get serious. I started keeping a food journal on fitness mobile app, and I began to see the weight come off.

“I changed the way I eat. I eat more salads and fruits, eat smaller portions, and fewer crackers. I don’t eat sweets like I did before.

“I walk more, park farther away, and take the stairs. I wear my pedometer every day.”

What helped you reach your goals?

“The staff at the Ralph H. Johnson VAMC have been extremely supportive and helpful. I admire the staff for working so hard with us week after week. The accountability of coming to MOVE! sessions helps, too. And the pedometer and mobile app are great tools!”

What have you accomplished through MOVE!?

“I have now lost 31 pounds and feel so much better! I have more energy, I can walk faster and I don’t have pain.

“ What I can say about MOVE is, it works!”