



Success Stories

Healthy Living Matters. Prevention Works.

A comfortable atmosphere and lots of personal support help Thomas Burnham lose 70 lbs.

AFTER CARRYING EXTRA WEIGHT AROUND FOR 40 YEARS, MOVE! HELPS TAKE IT OFF FOR GOOD.

"It's fun to exercise and feel good about myself."



How did you get connected with MOVE!?

With conditions like high blood pressure, high cholesterol, a bad back and a knee surgery, Thomas had a poor self image. He received a stern warning from his LPN at the Fitchburg, MA Outpatient Clinic that he was a prime candidate for a stroke. She recommended MOVE!, but Thomas says he immediately rejected it.

After telling his wife about the recommendation, she told him to go...and go he did!

“Find an exercise program that fits your schedule and stick to it.”

– Thomas Burnham

What about the MOVE! program worked for you?

“The staff who led the group were fantastic. They created a comfortable atmosphere and provided a lot of personal support with no embarrassment. After I completed the 16 week program in 2016, I continued with the support group for another 18 weeks. The MOVE! program offers all the tools and support to lose weight and keep it off. Listen to your “teachers” they know what they are talking about.”

What helped you reach your goals?

Thomas received support from his wife, his VA healthcare team, and lots of positive feedback from friends, too.

What have you accomplished through MOVE!?

“I lost 70 pounds in 34 weeks and met my goal weight of 185 pounds. I have reduced my waist size by 6 inches and have increased my cardio from 10 to 45 minutes. I no longer have high blood pressure or high cholesterol, and no more sore joints.”

How is your life different now?

“It’s fun to exercise and feel good about myself. I enjoy working around the house, without having to take a break every 10 minutes. I have a positive attitude and my hobbies have become more enjoyable.

I count calories and I have a “red light” weight of 185 pounds. I keep my chart for every meal and try not to exceed my maximum calories per day. I exercise faithfully.”