



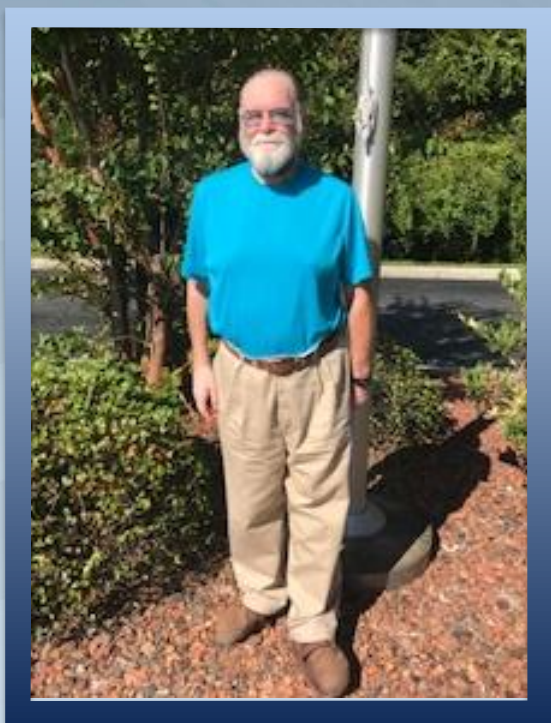
Success Stories

Healthy Living Matters. Prevention Works.

A Welcome Change in Wardrobe

IN THE MOVE! PROGRAM, NORTH CAROLINA VETERAN JOSEPH TRAUMER IS LOSING SO MUCH WEIGHT, HE'S HAD TO BUY NEW CLOTHES!

Read about how Joseph lost over 180 pounds, 18 inches in his waist, and three shirt sizes!



What motivated you to choose MOVE!?

"My health. In the military, I would be no more than 10 pounds overweight. I would do extra PT, ride a bicycle to work and back and during lunch. So I was able to control my weight.

"Dr. William Yancy recommended MOVE! when I weighed 376 pounds. Back then, my blood sugars were high, with my A1c being 14 or more."

“ My energy is better. I have a new perspective on life.”

– Joseph Traumer

What changes did you make while in MOVE!?

“I ate fewer carbohydrates. I cut out bread, pasta, popcorn, candy, and ice cream. I also reduced cheese and fried foods. I started walking a little bit in the water. I would do water aqua-therapy.”

What were your biggest challenges, and who supported you?

“Living alone was a challenge. It was hard trying to eat healthy on a limited income. It was also hard sometimes to prepare food with my Parkinson’s.

“I really had to depend on myself and my ‘adopted family’ in MOVE! I am grateful to Dr. Yancy, my dietician Tracy Rogers, and the rest of the staff and friends that understood and supported my weight loss approach. The support of other Veterans and VA staff was very helpful.”

What have you accomplished through MOVE!?

“I went from 376 pounds to 193.8 pounds. My blood sugars are controlled, with my A1c now in a normal range. I went from a 60-inch to a 42-inch waist and a 4X shirt to extra large. My blood pressure is down, and I have reduced or removed medications.”

What do you do now to keep the weight off?

“I go to the MOVE! maintenance program monthly. I pay attention to what I’m eating, stay away from most fried foods and breading. If I go out to eat, I will order lower-carb options.”

How has MOVE! helped to improve your daily life?

“MOVE! has helped me outstandingly. My energy is better. I’m able to be more active. I can now travel and volunteer more.

“I have a new perspective on life. I believe it will give me a longer life.

“But I have to keep buying smaller clothes!”