



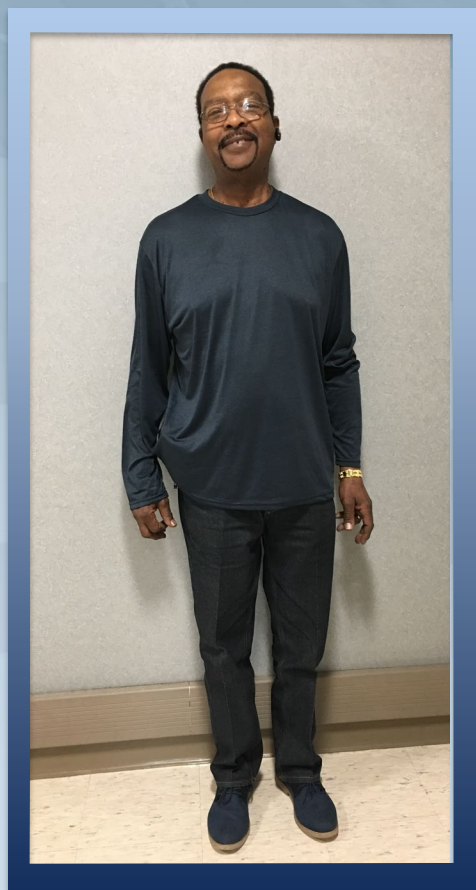
# Success Stories

*Healthy Living Matters. Prevention Works.*

## *MOVE! Group Family*

*VETERAN TYRONE BROOKS SHARES HIS WEIGHT LOSS SUCCESS TO SUPPORT AND MOTIVATE OTHER VETERANS*

With the help of his Durham, NC MOVE! Team, Tyrone lost over **100** pounds and continues to inspire, support, and motivate others on their weight loss journeys in monthly MOVE! maintenance groups.



### *Motivated to MOVE!*

In the summer of 2016 Tyrone Brooks had an appointment with his Durham, NC VA care team that had life-changing health implications.

“My provider, Dr. Zanger, suggested I try the MOVE! program and I took him up on it. I have been participating in MOVE! for 3 years and went from weighing 300 pounds to 190 pounds. I exceeded my original goal of 200 pounds and the weight loss has made my back pain much better. I even stopped needing to take some medications for diabetes and high cholesterol.”

**“I don’t know the last time I wore a size 32” pants and now I do!”**

– Tyrone Brooks

### *Just what the doctor ordered*

Tyrone acknowledges that maintaining his weight loss has been rewarded with health improvements. He also acknowledged that he learned a lot including how to read food labels, choose healthy food items and prepare healthier meals.

### *Motivating Others to MOVE!*

Fortunately for other Veterans in the Durham MOVE! Program, Tyrone is an active member of the MOVE! Group Family. This “family” is a weight maintenance group that meets monthly.

The MOVE! Coordinator for the group, Katherine Catolico says, “The Veterans motivate each other every month and even buy rewards for the biggest weight loss winners every month. The ‘award-giving’ practice was started by the Veteran participants. They do it all on their own to congratulate and encourage one another. Mr. Brooks continues to be a huge motivator for other Veterans.”

**“The program works if you follow it. MOVE! teaches you how to prepare healthy meals.**

– Tyrone Brooks