



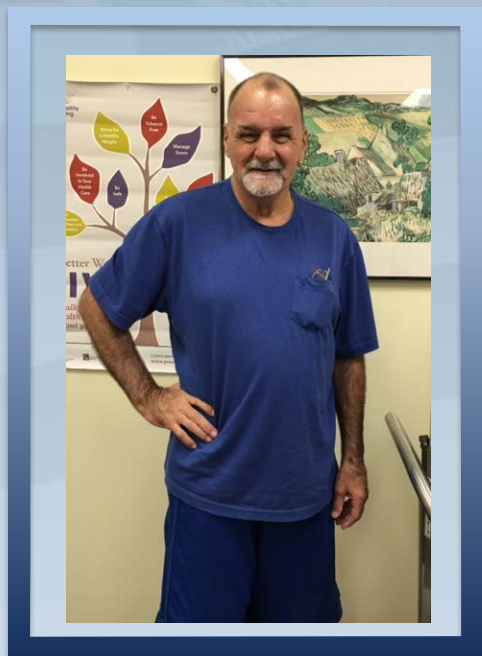
# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Less Weight, More Confidence***

### ***VETERAN VINCENT MURPHY EXPLAINS HOW MOVE! AND TELEMOVE! GAVE HIM THE SUPPORT AND SKILLS TO CHANGE HIS LIFE AND LOSE ALMOST 58 POUNDS***

Before MOVE!, Veteran Vincent Murphy says that he wore clothes that didn't fit and often didn't feel good about himself, especially around others. But all that changed after VA's MOVE! and TeleMOVE! Programs helped him lose weight and reduce his medications. Now brimming with confidence that he didn't have when heavier, Vincent is moving forward with new health goals and a new lease on life.



### ***How has MOVE! helped you?***

"It's helped in many ways. Most importantly, I've been able to maintain good health and reduce the medication I take. I've learned to eat healthier and monitor my portions.

MOVE! changed the way I look at myself, too. My self-esteem has greatly improved—I wear nice clothes that fit, and I feel good when I talk to others. People actually compliment the way I look now! I now have confidence in myself that I never had before."

### ***What were your biggest challenges?***

“Learning how to maintain my healthy weight was hardest—it required a lifestyle change. But changing my eating habits helped me look closely at my portions, make healthy choices, and think about what I need to do to stay healthy. This is an ongoing, everyday process.

Some of the medications I need can cause weight gain, so I talked to my doctor. I did the MOVE! food diaries and increased my exercise so I would not gain weight. It worked!”

### ***What changes have you made to your diet?***

“When I learned how many calories were in sweet tea, I changed what I drank! I eat more soup and salad, and make them tasty with ideas I learned in the program. I also monitor my weight so I can achieve my new weight and health goals.”

### ***What kind of support have you gotten through the program?***

“I enjoyed the TeleMOVE! calls and daily support. Terry and Becky from the Daytona Beach Clinic’s MOVE! Program checked my weight weekly. Knowing I had to answer these calls and attend weekly class kept me focused on my goals. Now I go to MOVE! maintenance classes to make sure I keep the pounds off.”

“ I now have confidence in myself that I never had before...I’m very happy with myself.”

– Vincent Murphy

### ***What do you do to stay healthy?***

“One of the most important things I did was buy a stationary bicycle. When I started, I had problems riding for 20 minutes. But I stuck with it, and now I ride long periods without any problems. I look back on my progress and I’m very happy with myself.”

### ***What are you most proud of?***

“I was really proud when I achieved the 5%- and 10%-weight reductions in class. Overall, I’ve lost 57.8 pounds. Now I’m moving on to new health goals.”

### ***What do you tell other Veterans about the MOVE! Program?***

“It’s changed my life in so many ways! I’m grateful for losing weight, gaining confidence, and getting a new lease on life. I’ve shared my experience with other Veterans and now they’ve enrolled too!”

