



Success Stories

Healthy Living Matters. Prevention Works.

Changing His Lifestyle, one Behavior at a Time

WAYNE FISCHER CHANGED HIS BEHAVIORS AND SHED 46 POUNDS WITH MOVE! AT THE AUSTIN, TX, CLINIC OF THE CENTRAL TEXAS VETERANS HEALTHCARE SYSTEM.

He had tried other diets and had temporary success, but the weight would come back.

Getting Serious

Wayne Fischer was familiar with weight loss success. He had followed the Atkins diet and lost weight, but after a while he would gain the weight back. "I finally realized that if I didn't get serious about weight loss, my quality of life would crash." Wayne's healthcare team at the Austin, TX Community Based Outpatient Clinic had recommended the MOVE! Weight Management Program frequently, and Wayne says, "I finally listened."



Conscious and Careful

Wayne completed 12 weeks of group sessions and continued to participate in the facility's MOVE! Support Group.

"The MOVE! program has changed my lifestyle. Using information I learned, I have become a conscious shopper. I carefully read labels and make healthy choices. I gave up desserts, sweetened drinks, and carefully plan my meals. Between the diet changes and exercise, I have lost 46 pounds and am still losing. I love it!"

Wayne acknowledged the entire MOVE! team, especially dietitian Margaret Chen, whom he described as "invaluable in educating and encouraging me." He also shared that interacting with others who have similar struggles with weight, forming strong bonds, and helping each other made MOVE! different from other programs he had tried in the past.

Dedicating the Time

"MOVE! works if you can dedicate the time. I started going to the gym. I have worked up to where I go a minimum of 5 times per week, a minimum of 40 minutes on a bike and a round of weight machines."

“Over 12 weeks we formed strong bonds and helped each other.”

– Wayne Fischer



Wayne says, "It Works!"

His results from losing weight include more energy, better sleep and being able to spend more time with his granddaughter.