



# Success Stories

*Healthy Living Matters. Prevention Works.*

## Feeling Alive Again

**VETERAN WILBER ABSHIRE'S LONG DISTANCE MOVE! AFFAIR CONTINUES. THIS UPDATE TO HIS ORIGINAL STORY IN 2018 DETAILS HIS CONTINUED SUCCESS.**

Not content with only 120 pounds of weight loss, Wilber is keeping his Alexandria, LA, VA Healthcare System MOVE! team busy with an additional 47 pounds lost since his original story was posted.



## From Struggling to Succeeding

After the sobering news that he had chronic, stage 4 kidney disease, and having reached a weight of 314 pounds, and a 64-inch waist, Wilber made the needed changes to begin getting his weight and his health under control. He chose to participate in the MOVE! Weight Management Program for Veterans and lost 120 pounds, and 26 inches around his waist! But that was not enough for Wilber, who went on to lose even more weight and says, "My quality of life has increased immensely."

## TeleMOVE! - The Perfect Fit

Wilber found the MOVE! option that he thought might work best for him. "After reading further on MOVE!, I found out about the TeleMOVE! Program and that it was available in Alexandria, Louisiana."

## Cutting His Numbers in Half

Here is a quick summary of Wilber's success with weight loss and healthy living from start, to his 2018 story, to this story:

- 313 to 193 to 146 lbs. – 167 total lost (*that's more than **half** his body weight!*)
- 64 to 38 to 32 inches – waist size (*another number he cut in **half**!*)
- 47 to 30 to 22 BMI (*he cut this number by more than **half**!*)

## Continuing the Journey

Wilber is still on the kidney transplant list and his weight management journey continues. He speaks very highly of the support he has received from his TeleMOVE! Team at the Alexandria VA Healthcare System. He shared that managing his weight is still not easy, but knowing that the MOVE! staff (Maria Armstrong and Candace Dodge, pictured here) are readily available and willing to help him makes his journey possible.

“ I look forward to getting up in the morning.”

– Wilber Abshire



Take a close look at the belt that Wilber, Maria (L) and Candace (R) are wearing!