



Success Stories

Healthy Living Matters. Prevention Works.

Back in Uniform to Honor His Partner

AFTER INITIAL SUCCESS WITH MOVE!, VETERAN WILLIAM PATRICK SET A WEIGHT LOSS GOAL TO FIT INTO HIS AIR FORCE UNIFORM.

With the help of the Kernersville, NC, VA Clinic MOVE! team, at age 74, William put on his uniform after 32 years and marched in the Veterans Day Parade in honor of his flying partner's memory.



Walking-In to MOVE!

For more than a decade, William Patrick struggled to maintain his weight. Although he experienced some weight loss success, he was not able to keep the weight off. When his physician recommended William meet with a dietitian, he attended a walk-in clinic and spoke with a dietitian about the MOVE! Weight Management Program for Veterans and decided to enroll. He says, "I liked that idea I could see her during 'walk-in' and no appointment was needed."

Buckling Down to Buckle Up

As he began to achieve his weight loss goals, William set a new goal: to be able to wear his Air Force uniform again and march in the Veterans Day parade in honor of his flying partner's memory. His partner was killed in 1969 during the Vietnam War. William had not worn his uniform in 32 years and could not fit into it due to his weight.

To achieve his goal, William says, "I buckled down and cut out night time snacks, changed my eating habits and increased walking to two miles, 5 days per week." As a result his weight loss increased to 1.5 to 2 pounds per week. William has maintained this weight loss and continues to walk 2.5 miles per day.

Goal: Accomplished.

William says, "Happily, I was able to wear my Air Force uniform and march in the parade on November 10, 2018." He established a new goal to march in the Veterans Day parade again in 2019 wearing his Air Force uniform, which he also achieved!

By the Numbers

William lost 24 pounds and 4 inches from his waist. In addition to meeting his weight loss goal, he met (and exceeded his physical activity goal to walk 2 miles Monday through Friday. His diabetes medication has been decreased and his A1C dropped from 7.0 to 6.0.

“Veterans can improve their health at any age. I am 74 years old – if I can do it, they can do it, too.”

– William Patrick

We Have Each Other's Back

Although William participated in a community weight management program in the past, his experience with MOVE! was different because he was with other Veterans. "No matter what branch of service or rank, we have each other's back. We help each other." William has continued participating in a monthly MOVE! support group, learning from the successes and challenges shared by others. He has also had the support of his wife, who lost 10 pounds herself, his son, and his MOVE! facilitator, Barbara Liles. "They provided encouragement and motivation to help me reach my goal. They rewarded me with words of praise and congratulations!"