

## Not Done Yet:

VETERAN DAVID FLORY DISCUSSES HOW MOVE!<sup>®</sup>  
HELPED HIM GET HIS WEIGHT UNDER CONTROL

***How long have you struggled with your weight?***

“I’ve struggled since 1978. In 1980, I got out of the Navy and really started to put on weight. I just kept buying bigger pants.”

***What motivated you to make changes to lose weight?***

“Several years ago, I moved from Pennsylvania to Florida and was able to be more active.”

***Why did you join the MOVE! Program?***

“I wanted to make a lifestyle change, learn to eat better and ‘smarter’ foods, and get my weight under control. So I joined the Viera (Florida) VA OPC MOVE! Program.”

***What lifestyle changes did you make?***

“I started eating more fruit and veggies, and walking. I’m also biking now.”

***What was the biggest obstacle to reaching your weight goal?***

“I really like to eat and cook! So I had to adjust *what* I was eating and *how* I was cooking. But I enjoy food more now because I really taste it—not just the salt and seasoning on it.”

***How did MOVE! help you?***

“The weekly meetings helped me stay on track, as did the people in the program and the information I got in the booklets and class. Getting active and watching what I ate really helped, too, as did feeling better about myself and my health. My family was also supportive—we all exercise and watch what we eat together now.”

***How has losing weight changed your life?***

“I am more active. I feel like I am not done yet.”



***How will you keep the weight off?***

“I plan to continue to be active and not go back to eating the ‘wrong’ foods. I’ve learned that I can still eat what I want, but just can’t overdo it.”

***Would you recommend MOVE! to others?***

“Yes, I would! It has helped me more than I thought ever possible, but you have to want it.”

